

Welsh Athletics
U13-U15-U17
JUNIOR GRAND PRIX

incorporating

South Wales Indoor Championships

East Wales Indoor Championships

South West England Championships

Sunday-08-January-2017



Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U13B Results**T19-U13 Boys 60m**

WELSH Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

ENGLAND Record - Not Recognised at this age group

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	233	Ethan GILL	Bristol & West AC (SWE)	8.90	3-(SWE)	1	215	Joshua AKA	Swansea Harriers (JGP)	8.63	1-(JGP)
2	274	Joshua WITHEY	Exeter Harriers (SWE)	8.90	3-(SWE)	2	239	Morgan HALL	Cwmbran harriers (EWA)	8.89	3-(EWA)
3	262	Thomas REID	Cardiff AAC (SWA)	8.94	5-(SWA)	3	240	Ben HARTIGAN	North Somerset AC (SWE)	8.96	5-(SWE)
4	223	Jake BIRKINSHAW	Pontyclun AC (SWA)	9.24	14-(SWA)	4	249	Oliver KIRKHAM	Cardiff Archers (SWA)	9.17	13-(SWA)
5	605	Sulaiman OUILES	Gloucester AC (SWE)	9.64	7-(SWE)	5	234	Oscar GOODWIN-THOMAS	Swansea Harriers (JGP)	9.67	7-(JGP)
6	248	Dafydd KING	Swansea Harriers (JGP)	9.73	8-(JGP)	6	609	Henry O'BRIEN	Cardiff Archers (SWA)	10.08	22-(SWA)
7	253	Evan MINTO	Cwmbran Harriers (EWA)	10.04	11-(EWA)	7					
8	261	Llewelyn REES	Rhymney Valley AC (EWA)	10.08	12-(EWA)						

Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	218	Luke BALL	Yate & District AC (SWE)	8.59	1-(SWE)	1	241	William HAWKER	Rhymney Valley AC (EWA)	8.95	4-(EWA)
2	263	Mabon RHYS	Pontyclun AC (SWA)	8.64	3-(SWA)	2	268	Joshua STEPHENS	Bridgend AC (SWA)	9.00	7-(SWA)
3	255	Adam NOLAN	Yate & District AC (SWE)	8.66	2-(SWE)	3	257	Jack O'BRIEN	Bridgend AC (SWA)	9.48	17-(SWA)
4	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	8.72	2-(EWA)	4	259	Matthew PARIS	Cardiff Archers (SWA)	9.56	18-(SWA)
5	226	Oliver CLARKSON	Swansea Harriers (JGP)	9.02	3-(JGP)	5	266	Evan SADDLER	Rhymney Valley AC (EWA)	9.74	9-(EWA)
6	217	Ewan BAILEY	Bridgend AC (SWA)	9.07	9-(SWA)	6	264	Ryu ROBERTS	Bridgend AC (SWA)	9.80	19-(SWA)
7	221	Noah BENNETT	Cwmbran Harriers (EWA)	9.11	5-(EWA)	7	272	Cai Rhys WILLIAMS	Swansea Harriers (JGP)	10.82	9-(JGP)
8	244	Lewis JACOBS	Rhondda AC (SWA)	9.12	11-(SWA)	8	251	Jac MATTHEWS	Rhymney Valley AC (EWA)	10.90	13-(EWA)

Heat 5					Heat 6						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	220	Joshua BEECHER	Cardiff AAC (SWA)	8.82	4-(SWA)	1	242	Morgan HUBBARDE	Bridgend AC (SWA)	8.53	1-(SWA)
2	236	Sonny GREENMAN	Cardiff Archers (SWA)	9.15	12-(SWA)	2	224	Tomos BROAD	Bridgend AC (SWA)	8.63	2-(SWA)
3	222	Joseph BERESFORD	Swansea Harriers (JGP)	9.22	4-(JGP)	3	247	Joshua KENNY	Swansea Harriers (JGP)	8.70	2-(JGP)
4	225	Ryan CLARK	Cardiff Archers (SWA)	9.28	15-(SWA)	4	270	Callum WEBB	Cwmbran Harriers (EWA)	8.71	1-(EWA)
5	260	Aneurin PATERSON	Rhymney Valley AC (EWA)	9.53	7-(EWA)	5	269	Charlie STOCKLEY-JONES	Cardiff AAC (SWA)	8.95	6-(SWA)
6	232	Jayden FOXWORTHY	Swansea Harriers (JGP)	9.61	6-(JGP)	6	235	Iolo GRANT	Cardiff Archers (SWA)	9.03	8-(SWA)
7	275	Liam RICHARDS	Blaenau Gwent AC (EWA)	9.72	8-(EWA)	7	219	Harry BEDDALL	Cardiff Archers (SWA)	9.10	10-(SWA)
8	238	Alex GUNN	Cardiff Archers (SWA)	9.84	20-(SWA)	8	252	Sean MCLOUGHLIN	Barry & Vale Harriers (SWA)	9.37	16-(SWA)

Heat 7					Heat 8						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	603	Luke GAME	Team Bath AC (SWE)	9.12	6-(SWE)						
2	246	Morgan KEEN-WILLIAMS	Newport Harriers (EWA)	9.45	6-(EWA)						
3	245	Jay JARDINE	Swansea Harriers (JGP)	9.56	5-(JGP)						
4	265	Henry ROBINSON	Rhymney Valley AC (EWA)	9.80	10-(EWA)						
5	273	Elliott WILLIAMS	Bridgend AC (SWA)	9.98	21-(SWA)						

SOUTH WALES MEDALLISTS

1	242	Morgan HUBBARDE	Bridgend AC (SWA)	8.53
2	224	Tomos BROAD	Bridgend AC (SWA)	8.63
3	263	Mabon RHYS	Pontyclun AC (SWA)	8.64

EAST WALES MEDALLISTS

1	270	Callum WEBB	Cwmbran Harriers (EWA)	8.71
2	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	8.72
3	239	Morgan HALL	Cwmbran harriers (EWA)	8.89

SOUTH WEST ENGLAND MEDALLISTS

1	218	Luke BALL	Yate & District AC (SWE)	8.59
2	255	Adam NOLAN	Yate & District AC (SWE)	8.66
3	233	Ethan GILL	Bristol & West AC (SWE)	8.90

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U13B Results



T08-U13 Boys 800m

WELSH Record - Jacob REYNOLDS, Cardiff AAC, 2:20.52, NIAC, Cardiff, 2016

ENGLAND Record - Not Recognised at this age group

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	398	Zac DAVIES	Swansea Harriers (JGP)	2:41.24	2-(JGP)	1	494	Roman HODGSON	Deeside AAC (JGP)	2:22.57	1-(JGP)
2	498	Rory ORTON	Brecon AC (EWA)	2:44.64	2-(EWA)	2	497	Jack ORGAN	Brecon AC (EWA)	2:28.84	1-(EWA)
3	489	Mason BRICE	Blaenau Gwent AC (EWA)	2:45.37	3-(EWA)	3	604	Ben HUGHES	Cardiff AAC (SWA)	2:30.53	1-(SWA)
4	492	Harley GLEESON	Swansea Harriers (JGP)	2:51.77	3-(JGP)	4	244	Lewis JACOBS	Rhondda AC (SWA)	2:31.66	2-(SWA)
5	496	Samuel LLEWELLYN	Rhymney Valley AC (EWA)	2:58.46	5-(EWA)	5	495	Hywel LEYSHON	Bridgend AC (SWA)	2:39.18	3-(SWA)
6	253	Evan MINTO	Cwmbran Harriers (EWA)	2:59.44	6-(EWA)	6	490	Loui CAMILLERI	Cardiff Archers (SWA)	2:39.93	4-(SWA)
7	261	Llewelyn REES	Rhymney Valley AC (EWA)	3:00.76	7-(EWA)	7	219	Harry BEDDALL	Cardiff Archers (SWA)	2:40.65	5-(SWA)

Heat 3				Heat 4							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	500	Leo STARK	Newport Harriers (EWA)	2:50.97	4-(EWA)						
2	262	Thomas REID	Cardiff AAC (SWA)	2:51.40	6-(SWA)						
3	248	Dafydd KING	Swansea Harriers (JGP)	2:56.14	4-(JGP)						
4	493	Thomas GORVETT	Swansea Harriers (JGP)	2:56.74	5-(JGP)						
5	402	Harry NEWTON	Swansea Harriers (JGP)	2:58.92	6-(JGP)						
6	501	Max THOMAS	Swansea Harriers (JGP)	3:01.59	7-(JGP)						
7	609	Henry O'BRIEN	Cardiff Archers (SWA)	3:05.16	7-(SWA)						
8	499	Luke SAMUEL	Pontyclun AC (SWA)	3:31.37	8-(SWA)						

SOUTH WALES MEDALLISTS

1	604	Ben HUGHES	Cardiff AAC (SWA)	2:30.53
2	244	Lewis JACOBS	Rhondda AC (SWA)	2:31.66
3	495	Hywel LEYSHON	Bridgend AC (SWA)	2:39.18

EAST WALES MEDALLISTS

1	497	Jack ORGAN	Brecon AC (EWA)	2:28.84
2	498	Rory ORTON	Brecon AC (EWA)	2:44.64
3	489	Mason BRICE	Blaenau Gwent AC (EWA)	2:45.37

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February		
2			
3			

T01-U13 Boys 1500m

WELSH Record - Benjamin REYNOLDS, Cardiff Archers, 4:43.24, NIAC, Cardiff, 2015

ENGLAND Record - Not Recognised at this age group

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	561	Matthew LISSENBURG	Wimborne AC (SWE)	5:19.71	1-(SWE)	1	562	Ben MACEY	Cardiff AAC (SWA)	4:54.59	1-(SWA)
2	564	Dafydd PRATCHETT	Bridgend AC (SWA)	5:21.25	2-(SWA)	2	559	Oliver HUMPHREYS	Newport Harriers (EWA)	5:47.32	2-(EWA)
3	558	Finlay DAVIES	Newport Harriers (EWA)	5:43.79	1-(EWA)	3	251	Jac MATTHEWS	Rhymney Valley AC (EWA)	6:06.99	4-(EWA)
4	560	Isaac JONES	Newport Harriers (EWA)	5:53.92	3-(EWA)	4	566	Isaac WILLIAMS	Newport Harriers (EWA)	6:09.39	5-(EWA)
5	237	Matt GUDGEON	Swansea Harriers (JGP)	5:58.34	1-(JGP)	5	563	Jacob MCDONALD	Swansea Harriers (JGP)	6:22.92	3-(JGP)
6	258	Rhys OWEN	Swansea Harriers (JGP)	6:13.61	2-(JGP)	6	272	Cai Rhys WILLIAMS	Swansea Harriers (JGP)	6:29.49	4-(JGP)
7	565	Jacob PRICE	Blaenau Gwent AC (EWA)	6:14.33	6-(EWA)						

Heat 3				Heat 4							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	562	Ben MACEY	Cardiff AAC (SWA)	4:54.59		1	Event takes place during Cardiff Met GP3 5th February				
2	564	Dafydd PRATCHETT	Bridgend AC (SWA)	5:21.25		2					
3						3					

SOUTH WALES MEDALLISTS

1	562	Ben MACEY	Cardiff AAC (SWA)	4:54.59
2	564	Dafydd PRATCHETT	Bridgend AC (SWA)	5:21.25
3				

EAST WALES MEDALLISTS

1	558	Finlay DAVIES	Newport Harriers (EWA)	5:43.79
2	559	Oliver HUMPHREYS	Newport Harriers (EWA)	5:47.32
3	560	Isaac JONES	Newport Harriers (EWA)	5:53.92

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February		
2			
3			

T13-U13 Boys 60m Hurdles

WELSH Record - Daniel MURATHODZIC, Cardiff Archers, 9.62, NIAC, Cardiff, 2014

ENGLAND Record - Not Recognised at this age group

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	218	Luke BALL	Yate & District AC (SWE)	10.48	1-(SWE)	1	215	Joshua AKA	Swansea Harriers (JGP)	11.22	1-(JGP)
2	605	Sulaiman OUILES	Gloucester AC (SWE)	11.38	2-(SWE)	2	235	Iolo GRANT	Cardiff Archers (SWA)	11.57	3-(SWA)
3	401	Patrick KYLE	Bristol & West AC (SWE)	11.61	4-(SWE)	3	239	Morgan HALL	Cwmbran harriers (EWA)	11.82	2-(EWA)
4	233	Ethan GILL	Bristol & West AC (SWE)	12.13	6-(SWE)	4	260	Aneurin PATERSON	Rhymney Valley AC (EWA)	12.36	4-(EWA)
5	402	Harry NEWTON	Swansea Harriers (JGP)	13.19	4-(JGP)	5	238	Alex GUNN	Cardiff Archers (SWA)	13.03	5-(SWA)
6	226	Oliver CLARKSON	Swansea Harriers (JGP)	15.85	6-(JGP)	6	403	Ryan STANLEY	Swansea Harriers (JGP)	13.51	5-(JGP)

Heat 3				Heat 4							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	249	Oliver KIRKHAM	Cardiff Archers (SWA)	10.95	1-(SWA)	1	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	10.80	1-(EWA)
2	225	Ryan CLARK	Cardiff Archers (SWA)	11.43	2-(SWA)	2	397	Luke BAKER	Swansea Harriers (JGP)	12.19	2-(JGP)
3	400	Noah JONES	City of Plymouth (SWE)	11.47	3-(SWE)	3	399	Lewis HOWELLS	Rhymney Valley AC (EWA)	12.59	5-(EWA)
4	274	Joshua WITHEY	Exeter Harriers (SWE)	12.02	5-(SWE)	4	232	Jayden FOXWORTHY	Swansea Harriers (JGP)	12.90	3-(JGP)
5	252	Sean MCLOUGHLIN	Barry & Vale Harriers (SWA)	12.14	4-(SWA)						
6	246	Morgan KEEN-WILLIAMS	Newport Harriers (EWA)	12.33	3-(EWA)						

SOUTH WALES MEDALLISTS

1	249	Oliver KIRKHAM	Cardiff Archers (SWA)	10.95
---	-----	----------------	-----------------------	-------

SOUH WEST ENGLAND MEDALLISTS

1	218	Luke BALL	Yate & District AC (SWE)	10.48
---	-----	-----------	--------------------------	-------

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed



WELSH ATHLETICS
ATHLETAU CYMRU

U13B Results

2	225	Ryan CLARK	Cardiff Archers (SWA)	11.43	2	605	Sulaiman OUILES	Gloucester AC (SWE)	11.38
3	235	Iolo GRANT	Cardiff Archers (SWA)	11.57	3	400	Noah JONES	City of Plymouth (SWE)	11.47

EAST WALES MEDALLISTS

1	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	10.80
2	239	Morgan HALL	Cwmbran harriers (EWA)	11.82
3	246	Morgan KEEN-WILLIAMS	Newport Harriers (EWA)	12.33

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

**U13B Results****F04-U13 Boys Long Jump**

WELSH Record - Daniel MURATHODZIC, Cardiff Archers, 5.02, NIAC, Cardiff, 2013

ENGLAND Record - Not Recognised at this age group

Pos	Bib	Athlete	Club	Perf		SOUTH WALES MEDALLISTS				
1	218	Luke BALL	Yate & District AC (SWE)	4.50	1-(SWE)	1	80	Tomas CHARLES	Cardiff AAC (SWA)	4.48
2	80	Tomas CHARLES	Cardiff AAC (SWA)	4.48	1-(SWA)	2	249	Oliver KIRKHAM	Cardiff Archers (SWA)	4.35
3	215	Joshua AKA	Swansea Harriers (JGP)	4.40	1-(JGP)	3	77	Fin BAKER	Cardiff AAC (SWA)	4.20
4	249	Oliver KIRKHAM	Cardiff Archers (SWA)	4.35	2-(SWA)	EAST WALES MEDALLISTS				
5	240	Ben HARTIGAN	North Somerset AC (SWE)	4.35	2-(SWE)	1	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	4.34
6	216	Toks AKANBI-MORTIMER	Rhymney Valley AC (EWA)	4.34	1-(EWA)	2	221	Noah BENNETT	Cwmbran Harriers (EWA)	4.33
7	221	Noah BENNETT	Cwmbran Harriers (EWA)	4.33	2-(EWA)	3	239	Morgan HALL	Cwmbran harriers (EWA)	3.77
8	77	Fin BAKER	Cardiff AAC (SWA)	4.20	3-(SWA)	SOUTH WEST ENGLAND MEDALLISTS				
9	220	Joshua BEECHER	Cardiff AAC (SWA)	4.07	4-(SWA)	1	218	Luke BALL	Yate & District AC (SWE)	4.50
10	262	Thomas REID	Cardiff AAC (SWA)	4.01	5-(SWA)	2	240	Ben HARTIGAN	North Somerset AC (SWE)	4.35
11	235	Iolo GRANT	Cardiff Archers (SWA)	3.96	6-(SWA)	3	401	Patrick KYLE	Bristol & West AC (SWE)	3.93
12	252	Sean MCLOUGHLIN	Barry & Vale Harriers (SWA)	3.95	7-(SWA)					
13	401	Patrick KYLE	Bristol & West AC (SWE)	3.93	3-(SWE)					
14	255	Adam NOLAN	Yate & District AC (SWE)	3.91	4-(SWE)					
15	219	Harry BEDDALL	Cardiff Archers (SWA)	3.90	8-(SWA)					
16	217	Ewan BAILEY	Bridgend AC (SWA)	3.89	9-(SWA)					
17	225	Ryan CLARK	Cardiff Archers (SWA)	3.78	10-(SWA)					
18	274	Joshua WITHEY	Exeter Harriers (SWE)	3.78	5-(SWE)					
19	259	Matthew PARIS	Cardiff Archers (SWA)	3.77	11-(SWA)					
20	239	Morgan HALL	Cwmbran harriers (EWA)	3.77	3-(EWA)					
21	247	Joshua KENNY	Swansea Harriers (JGP)	3.70	2-(JGP)					
22	236	Sonny GREENMAN	Cardiff Archers (SWA)	3.67	12-(SWA)					
23	564	Dafydd PRATCHETT	Bridgend AC (SWA)	3.62	13-(SWA)					
24	260	Aneurin PATERSON	Rhymney Valley AC (EWA)	3.58	4-(EWA)					
25	238	Alex GUNN	Cardiff Archers (SWA)	3.53	14-(SWA)					
26	397	Luke BAKER	Swansea Harriers (JGP)	3.49	3-(JGP)					
27	234	Oscar GOODWIN-THOMAS	Swansea Harriers (JGP)	3.46	4-(JGP)					
28	245	Jay JARDINE	Swansea Harriers (JGP)	3.45	5-(JGP)					
29	246	Morgan KEEN-WILLIAMS	Newport Harriers (EWA)	3.45	5-(EWA)					
30	233	Ethan GILL	Bristol & West AC (SWE)	3.44	6-(SWE)					
31	558	Finlay DAVIES	Newport Harriers (EWA)	3.44	6-(EWA)					
32	263	Mabon RHYS	Pontyclun AC (SWA)	3.41	15-(SWA)					
33	590	Euan RILEY	Swansea Harriers (JGP)	3.36	6-(JGP)					
34	222	Joseph BERESFORD	Swansea Harriers (JGP)	3.34	7-(JGP)					
35	586	Elliott DONOVAN-DAVIES	Pontyclun AC (SWA)	3.33	16-(SWA)					
36	226	Oliver CLARKSON	Swansea Harriers (JGP)	3.31	8-(JGP)					
37	232	Jayden FOXWORTHY	Swansea Harriers (JGP)	3.27	9-(JGP)					
38	257	Jack O'BRIEN	Bridgend AC (SWA)	3.24	17-(SWA)					
39	223	Jake BIRKINSHAW	Pontyclun AC (SWA)	3.22	18-(SWA)					
40	498	Rory ORTON	Brecon AC (EWA)	3.16	7-(EWA)					
41	253	Evan MINTO	Cwmbran Harriers (EWA)	3.14	8-(EWA)					
42	402	Harry NEWTON	Swansea Harriers (JGP)	3.10	10-(JGP)					
43	399	Lewis HOWELLS	Rhymney Valley AC (EWA)	3.08	9-(EWA)					
44	403	Ryan STANLEY	Swansea Harriers (JGP)	3.07	11-(JGP)					
45	588	Vamsi Krishna MUDDDADA	Swansea Harriers (JGP)	3.00	12-(JGP)					
46	248	Dafydd KING	Swansea Harriers (JGP)	2.97	13-(JGP)					
47	208	Elinor THOMAS	Llanelli AC (JGP)	2.95	14-(JGP)					
48	261	Llewelyn REES	Rhymney Valley AC (EWA)	2.75	10-(EWA)					
49	272	Cai Rhys WILLIAMS	Swansea Harriers (JGP)	2.69	15-(JGP)					
50	496	Samuel LLEWELLYN	Rhymney Valley AC (EWA)	2.68	11-(EWA)					
51	499	Luke SAMUEL	Pontyclun AC (SWA)	2.04	19-(SWA)					

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U13G ResultsWELSH ATHLETICS
ATHLETAU CYMRU**T22-U13 Girls 60m**

WELSH Record - Andrew WATKINS, Pontypridd AC, 7.06, NIA, Birmingham, 2002

ENGLAND Record - Robert GAYLER, Shaftesbury Barnet, 6.37, 2008

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	325	Jersey Lee JONES	Bridgend AC (SWA)	9.15	8-(SWA)	1	324	Eleni JONES	Bridgend AC (SWA)	8.94	3-(SWA)
2	330	Sophie LISK	Cardiff Archers (SWA)	9.24	10-(SWA)	2	340	Mali MORSE	Bridgend AC (SWA)	9.01	6-(SWA)
3	288	Ffion WINDSOR	Cardiff AAC (SWA)	9.26	12-(SWA)	3	357	Charlotte VAN TOOP	Newport Harriers (EWA)	9.21	2-(EWA)
4	352	Chloe SIMMONITE	Llanelli AC (JGP)	9.47	7-(JGP)	4	356	Molly TYPE	Cardiff AAC (SWA)	9.36	13-(SWA)
5	338	Ella MITCHELL	Rhymney Valley AC (EWA)	10.11	14-(EWA)	5	323	Claudia JONES	Blaenau Gwent AC (EWA)	9.42	5-(EWA)
6	301	Molly EDWARDS	Cwmbran Harriers (EWA)	10.62	17-(EWA)	6	304	Danishia GAYLARD	Bridgend AC (SWA)	9.45	17-(SWA)
7	283	Ella BREARLEY	Swansea Harriers (JGP)	11.00	23-(JGP)	7	306	Alys GODFREY	Rhymney Valley AC (EWA)	9.47	6-(EWA)
DNS	320	Freya HUGHES-ROLLS	Rhymney Valley AC (EWA)			8	329	Laura LEWIS	Blaenau Gwent AC (EWA)	10.08	13-(EWA)
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	353	Emilia SMITH	Yeovil Olympiads (SWE)	8.97	2-(SWE)	1	314	Anna HALLIDAY	Cardiff AAC (SWA)	9.40	16-(SWA)
2	313	Julie HALE	Neath Harriers (JGP)	9.17	2-(JGP)	2	299	Emily DENT	Cardiff Archers (SWA)	9.54	19-(SWA)
3	339	Freya MORGAN	Swansea Harriers (JGP)	9.40	5-(JGP)	3	282	Shanaya BRAY-DAVIES	Swansea Harriers (SWA)	9.76	22-(SWA)
4	335	Emma MALIN	Rhymney Valley AC (EWA)	9.41	4-(EWA)	4	309	Seren GRIFFITHS	Cardiff Archers (SWA)	9.80	23-(SWA)
5	297	Melissa DAVIES	Swansea Harriers (JGP)	9.71	11-(JGP)	5	355	Molly TIDY	Rhymney Valley AC (EWA)	10.73	18-(EWA)
6	303	Lauren FULLER	Rhymney Valley AC (EWA)	9.87	11-(EWA)	6	293	Charlotte COLLINS	Swansea Harriers (JGP)	10.74	20-(JGP)
7	341	Kenzie NORMAN SPRAGUE	Taunton AC (SWE)	10.20	9-(SWE)	7	350	Caitlin SEABORNE	Rhymney Valley AC (EWA)	11.01	19-(EWA)
8	294	Grace COUGHLIN	Rhymney Valley AC (EWA)	10.57	16-(EWA)	DNS	312	Chloe HALE	Blaenau Gwent AC (EWA)		
				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	332	Mary LOUGHLIN	North Somerset AC (SWE)	9.04	3-(SWE)	1	344	Ella WINTLE	Pembrokeshire Harriers (JGP)	8.79	1-(JGP)
2	348	Sophia REID-THOMAS	Carmarthen Harriers (JGP)	9.38	4-(JGP)	2	277	Lily BAILEY	Bristol & West AC (SWE)	9.06	4-(SWE)
3	347	Olivia REID	Newport Harriers (EWA)	9.51	7-(EWA)	3	321	Tamara JACKSON	Bristol & West AC (SWE)	9.27	6-(SWE)
4	279	Olivia BANKS	Barry & Vale Harriers (SWA)	10.11	27-(SWA)	4	336	Alice MATTHEWS	Bristol & West AC (SWE)	9.48	8-(SWE)
5	617	Olivia LUCAS	Cardiff Archers (SWA)	10.15	28-(SWA)	5	351	Alice SHIELDS	Barry & Vale Harriers (SWA)	9.71	21-(SWA)
6	328	Mia LAWSON	Swansea Harriers (JGP)	10.17	17-(JGP)	6	285	Anna BROOKS	Cardiff Archers (SWA)	9.81	24-(SWA)
7	337	Thandiwe MFULA	Swansea Harriers (JGP)	10.37	18-(JGP)	7	334	Lucy MAGWOOD	Rhymney Valley AC (EWA)	9.96	12-(EWA)
8	343	Poppy PARK	Blaenau Gwent AC (EWA)	11.07	20-(EWA)	8	278	Nia BAILEY-JONES	Swansea Harriers (JGP)	10.09	16-(JGP)
				Heat 7				Heat 8			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	616	Kasavia SMOLKA-HEDLEY	Bristol & West AC (SWE)	8.69	1-(SWE)	1	408	Sophie KNOYLE	Cardiff Archers (SWA)	9.58	20-(SWA)
2	292	Aimee CHILDS	Bridgend AC (SWA)	8.93	2-(SWA)	2	358	Jessica WILCOCK	Swansea Harriers (JGP)	9.74	12-(JGP)
3	342	Sophie O'BRIEN	Swansea Harriers (JGP)	9.30	3-(JGP)	3	286	Hannah CARPENTER	Llanelli AC (JGP)	9.83	14-(JGP)
4	317	Rhiannon HARRIS	Cardiff AAC (SWA)	9.38	15-(SWA)	4	615	Olivia BROWNING	Barry & Vale Harriers (SWA)	9.85	25-(SWA)
5	318	Martha HERBERT	Bridgend AC (SWA)	9.51	18-(SWA)	5	614	Bethan MARSDEN	Cardiff Archers (SWA)	9.94	26-(SWA)
6	354	Claudia THOMAS	Swansea Harriers (JGP)	9.60	10-(JGP)	6	302	Eve EVANS	Swansea Harriers (JGP)	10.43	19-(JGP)
7	290	Freiya CHARLES	Rhymney Valley AC (EWA)	9.62	8-(EWA)	7	289	Orla CHALLENGER-WILLIAMS	Swansea Harriers (JGP)	10.74	20-(JGP)
8	331	Olivia LLEWELLYN	Rhymney Valley AC (EWA)	9.77	10-(EWA)	8	345	Lillian PETERS	Swansea Harriers (JGP)	10.92	22-(JGP)
				Heat 9				Heat 10			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	305	Katie GILL	Cardiff Archers (SWA)	8.89	1-(SWA)	1	284	Ellie BREEZE	Bristol & West AC (SWE)	9.19	5-(SWE)
2	298	Sophie DAVIES	Cardiff Archers (SWA)	8.96	4-(SWA)	2	316	Kelise HAPPY	Barry & Vale Harriers (SWA)	9.25	11-(SWA)
3	310	Lauren GUNNEY	Cardiff Archers (SWA)	8.98	5-(SWA)	3	295	Emily CRUWYS	Cardiff Archers (SWA)	9.37	14-(SWA)
4	291	Keira CHICK	Cwmbran Harriers (EWA)	9.01	1-(EWA)	4	311	Megan GWYTHYR	Swansea Harriers (JGP)	9.46	6-(JGP)
5	349	Jemima ROBINSON	Cardiff AAC (SWA)	9.10	7-(SWA)	5	280	Leni BEARD	Swansea Harriers (JGP)	9.48	8-(JGP)
6	315	Megan HANCOCK	Aberdare VAAC (SWA)	9.23	9-(SWA)	6	281	Sophie BEYNON	Swansea Harriers (JGP)	9.75	13-(JGP)
7	307	Cordelia GOODGER	Newport Harriers (EWA)	9.26	3-(EWA)	7	296	Libby DAVIDSON	Newport Harriers (EWA)	9.76	9-(EWA)
8	300	Libby DICKENS	Bristol & West AC (SWE)	9.35	7-(SWE)	8	333	Sarah LYONS	Swansea Harriers (JGP)	9.83	14-(JGP)
9	287	Millie CARTER	Swansea Harriers (JGP)	9.51	9-(JGP)	9	319	Ellie HUGHES	Blaenau Gwent AC (EWA)	10.40	15-(EWA)

SOUTH WALES MEDALLISTS

1	305	Katie GILL	Cardiff Archers (SWA)	8.89
2	292	Aimee CHILDS	Bridgend AC (SWA)	8.93
3	324	Eleni JONES	Bridgend AC (SWA)	8.94

EAST WALES MEDALLISTS

1	291	Keira CHICK	Cwmbran Harriers (EWA)	9.01
2	357	Charlotte VAN TOOP	Newport Harriers (EWA)	9.21
3	307	Cordelia GOODGER	Newport Harriers (EWA)	9.26

SOUTH WEST ENGLAND MEDALLISTS

1	616	Kasavia SMOLKA-HEDLEY	Bristol & West AC (SWE)	8.69
2	353	Emilia SMITH	Yeovil Olympiads (SWE)	8.97
3	332	Mary LOUGHLIN	North Somerset AC (SWE)	9.04

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U13G ResultsWELSH ATHLETICS
ATHLETAU CYMRU**T10-U13 Girls 800m**

WELSH Record - Lora ROBERTS, Bridgend AC, 2:24.99, NIAC, Cardiff, 2007

ENGLAND Record - Not Recognised at this age group

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	352	Chloe SIMMONITE	Llanelli AC (JGP)	2:56.07	5-(JGP)	1	309	Seren GRIFFITHS	Cardiff Archers (SWA)	2:52.46	5-(SWA)
2	506	Charlotte JONES	Cwmbran Harriers (EWA)	3:00.96	4-(EWA)	2	278	Nia BAILEY-JONES	Swansea Harriers (JGP)	2:54.16	4-(JGP)
3	320	Freya HUGHES-ROLLS	Rhymney Valley AC (EWA)	3:01.38	5-(EWA)	3	503	Molly GAMESON	Rhymney Valley AC (EWA)	2:57.10	3-(EWA)
4	301	Molly EDWARDS	Cwmbran Harriers (EWA)	3:13.17	6-(EWA)	4	508	Elinor MUNN	Cardiff AAC (SWA)	2:57.79	8-(SWA)
5	406	Emilia EVANS	Swansea Harriers (JGP)	3:21.85	9-(JGP)	5	333	Sarah LYONS	Swansea Harriers (JGP)	2:59.91	6-(JGP)
6	512	Mia THOMAS	Blaenau Gwent AC (EWA)	3:24.98	7-(EWA)	6	505	Ffion HENNESSY	Swansea Harriers (JGP)	3:05.73	7-(JGP)
7	283	Ella BREARLEY	Swansea Harriers (JGP)	3:32.22	10-(JGP)	7	507	Olivia KEY	Swansea Harriers (JGP)	3:13.88	8-(JGP)
Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	612	Gwenno GOODE	Barry & Vale Harriers (SWA)	2:50.78	4-(SWA)	1	344	Ella WINTLE	Pembrokeshire Harriers (JGP)	2:39.41	1-(JGP)
2	277	Lily BAILEY	Bristol & West AC (JGP)	2:52.05	3-(JGP)	2	308	Kiera GRIFFITHS	Aberdare VAAC (SWA)	2:42.74	1-(SWA)
3	285	Anna BROOKS	Cardiff Archers (SWA)	2:53.82	6-(SWA)	3	312	Chloe HALE	Blaenau Gwent AC (EWA)	2:47.37	1-(EWA)
4	288	Ffion WINDSOR	Cardiff AAC (SWA)	2:57.58	7-(SWA)	4	299	Emily DENT	Cardiff Archers (SWA)	2:49.41	2-(SWA)
5	509	Libby PEARSON	Cardiff AAC (SWA)	3:05.79	9-(SWA)	5	513	Evie WATKINS	Barry & Vale Harriers (SWA)	2:50.39	3-(SWA)
6	355	Molly TIDY	Rhymney Valley AC (EWA)	3:25.17	8-(EWA)	6	415	Lucy WINTLE	Pembrokeshire Harriers (JGP)	2:51.46	2-(JGP)
7	510	Livia POLLARD	Swansea Harriers (JGP)	3:47.94	11-(JGP)	7	511	Lowri PROSER	Blaenau Gwent AC (EWA)	2:51.85	2-(EWA)

SOUTH WALES MEDALLISTS

1	308	Kiera GRIFFITHS	Aberdare VAAC (SWA)	2:42.74
2	299	Emily DENT	Cardiff Archers (SWA)	2:49.41
3	513	Evie WATKINS	Barry & Vale Harriers (SWA)	2:50.39

EAST WALES MEDALLISTS

1	312	Chloe HALE	Blaenau Gwent AC (EWA)	2:47.37
2	511	Lowri PROSER	Blaenau Gwent AC (EWA)	2:51.85
3	503	Molly GAMESON	Rhymney Valley AC (EWA)	2:57.10

SOUTH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

T04-U13 Girls 1500m

WELSH Record - Hywelis THOMAS-HOWELLS, Neath Harriers, 5:01.00, NIAC, Cardiff, 2007

ENGLAND Record - Not Recognised at this age group

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	349	Jemima ROBINSON	Cardiff AAC (SWA)	5:28.86	1-(SWA)						
2	569	Bethan KEY	Blaenau Gwent AC (EWA)	5:33.62	1-(EWA)						
3	570	Lily WILLIAMS	Newport Harriers (EWA)	5:38.73	2-(EWA)						
4	568	Lily HART	Newport Harriers (EWA)	5:39.67	3-(EWA)						
5	346	Isabella PEYTON-JONES	Exeter Harriers (JGP)	5:44.95	1-(JGP)						
6	567	Ceri GRIFFITHS	Newport Harriers (EWA)	5:45.07	4-(EWA)						
7	404	Emily ADCOCK	Exeter Harriers (JGP)	5:49.78	2-(JGP)						
8	408	Sophie KNOYLE	Cardiff Archers (SWA)	5:51.93	2-(SWA)						
9	413	Caitlin TOOZE	Exeter Harriers (JGP)	6:13.30	3-(JGP)						

SOUTH WALES MEDALLISTS

1	349	Jemima ROBINSON	Cardiff AAC (SWA)	5:28.86
2	408	Sophie KNOYLE	Cardiff Archers (SWA)	5:51.93
3				

EAST WALES MEDALLISTS

1	569	Bethan KEY	Blaenau Gwent AC (EWA)	5:33.62
2	570	Lily WILLIAMS	Newport Harriers (EWA)	5:38.73
3	568	Lily HART	Newport Harriers (EWA)	5:39.67

SOUTH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

WELSH ATHLETICS
ATHLETAU CYMRU**U13G Results****T15-U13 Girls 60m Hurdles**

WELSH Record - Carys POOLE, Swansea Harriers, 9.70, NIAC, Cardiff, 2015 (P)

ENGLAND Record - Not Recognised at this age group

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	330	Sophie LISK	Cardiff Archers (SWA)	10.70	1-(SWA)	1	300	Libby DICKENS	Bristol & West AC (SWE)	10.74	1-(SWE)
2	336	Alice MATTHEWS	Bristol & West AC (SWE)	12.04	2-(SWE)	2	333	Sarah LYONS	Swansea Harriers (JGP)	12.58	6-(JGP)
3	404	Emily ADCOCK	Exeter Harriers (SWE)	12.27	3-(SWE)	3	407	Emily FRY	Newport Harriers (EWA)	12.69	3-(EWA)
4	415	Lucy WINTLE	Pembrokeshire Harriers (JGP)	12.32	5-(JGP)	4	338	Ella MITCHELL	Rhymney Valley AC (EWA)	13.04	5-(EWA)
5	320	Freya HUGHES-ROLLS	Rhymney Valley AC (EWA)	12.78	4-(EWA)	5	614	Bethan MARSDEN	Cardiff Archers (SWA)	13.42	6-(SWA)
6	293	Charlotte COLLINS	Swansea Harriers (JGP)	13.62	9-(JGP)	6	410	Scarlett LEWIS	Swansea Harriers (JGP)	13.70	10-(JGP)
DNS	298	Sophie DAVIES	Cardiff Archers (SWA)			7	406	Emilia EVANS	Swansea Harriers (JGP)	14.56	12-(JGP)
Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	310	Lauren GUNNEY	Cardiff Archers (SWA)	10.76	2-(SWA)	1	339	Freya MORGAN	Swansea Harriers (JGP)	11.03	1-(JGP)
2	414	Ellie-Mae WAINWRIGHT	Newport Harriers (EWA)	10.76	1-(EWA)	2	297	Melissa DAVIES	Swansea Harriers (JGP)	11.62	3-(JGP)
3	344	Ella WINTLE	Pembrokeshire Harriers (JGP)	11.40	2-(JGP)	3	282	Shanaya BRAY-DAVIES	Swansea Harriers (SWA)	12.46	4-(SWA)
4	311	Megan GWYTHYR	Swansea Harriers (JGP)	11.66	4-(JGP)	4	280	Leni BEARD	Swansea Harriers (JGP)	12.58	6-(JGP)
5	412	Molie SAGE	Newport Harriers (EWA)	11.89	2-(EWA)	5	298	Sophie DAVIES	Cardiff Archers (SWA)	12.60	5-(SWA)
6	309	Seren GRIFFITHS	Cardiff Archers (SWA)	11.92	3-(SWA)	6	411	Bethany MORGAN	Swansea Harriers (JGP)	12.63	8-(JGP)
						7	313	Julie HALE	Neath Harriers (JGP)	13.82	11-(JGP)

SOUTH WALES MEDALLISTS

1	330	Sophie LISK	Cardiff Archers (SWA)	10.70
2	310	Lauren GUNNEY	Cardiff Archers (SWA)	10.76
3	309	Seren GRIFFITHS	Cardiff Archers (SWA)	11.92

EAST WALES MEDALLISTS

1	414	Ellie-Mae WAINWRIGHT	Newport Harriers (EWA)	10.76
2	412	Molie SAGE	Newport Harriers (EWA)	11.89
3	407	Emily FRY	Newport Harriers (EWA)	12.69

SOUTH WEST ENGLAND MEDALLISTS

1	300	Libby DICKENS	Bristol & West AC (SWE)	10.74
2	336	Alice MATTHEWS	Bristol & West AC (SWE)	12.04
3	404	Emily ADCOCK	Exeter Harriers (SWE)	12.27

F09-U13 Girls Shot Put (2.72kg)

WELSH Record - Adele NICOLL, Oswestry Olympians, 11.39, Manchester, 2009

ENGLAND Record - Not Recognised at this age group

					SOUTH WALES MEDALLISTS				
Pos	Bib	Athlete	Club	Perf					
1	613	Amelia FETTIS	Newport Harriers (eWA)	9.12	1	310	Lauren GUNNEY	Cardiff Archers (SWA)	7.29
2	353	Emilia SMITH	Yeovil Olympiads (SWE)	7.36	2	325	Jersey Lee JONES	Bridgend AC (SWA)	6.44
3	310	Lauren GUNNEY	Cardiff Archers (SWA)	7.29	3	330	Sophie LISK	Cardiff Archers (SWA)	5.95
4	601	Chloe JONES	Swansea Harriers (JGP)	6.63	EAST WALES MEDALLISTS				
5	313	Julie HALE	Neath Harriers (JGP)	6.57	1	613	Amelia FETTIS	Newport Harriers (eWA)	9.12
6	414	Ellie-Mae WAINWRIGHT	Newport Harriers (EWA)	6.44	2	414	Ellie-Mae WAINWRIGHT	Newport Harriers (EWA)	6.44
7	325	Jersey Lee JONES	Bridgend AC (SWA)	6.44	2	350	Caitlin SEABORNE	Rhymney Valley AC (EWA)	6.15
8	350	Caitlin SEABORNE	Rhymney Valley AC (EWA)	6.15	SOUTH WEST ENGLAND MEDALLISTS				
9	330	Sophie LISK	Cardiff Archers (SWA)	5.95	1	353	Emilia SMITH	Yeovil Olympiads (SWE)	7.36
10	346	Isabella PEYTON-JONES	Exeter Harriers (SWE)	5.66	2	346	Isabella PEYTON-JONES	Exeter Harriers (SWE)	5.66
11	287	Millie CARTER	Swansea Harriers (JGP)	5.56	3	413	Caitlin TOOZE	Exeter Harriers (SWE)	5.22
12	285	Anna BROOKS	Cardiff Archers (SWA)	5.29					
13	406	Emilia EVANS	Swansea Harriers (JGP)	5.26					
14	413	Caitlin TOOZE	Exeter Harriers (SWE)	5.22					
15	320	Freya HUGHES-ROLLS	Rhymney Valley AC (EWA)	5.13					
16	522	Isla MELROSE	Llanelli AC (JGP)	5.11					
17	294	Grace COUGHLIN	Rhymney Valley AC (EWA)	5.10					
18	341	Kenzie NORMAN SPRAGUE	Taunton AC (SWE)	5.04					
19	280	Leni BEARD	Swansea Harriers (JGP)	5.04					
20	412	Molie SAGE	Newport Harriers (EWA)	5.01					
21	303	Lauren FULLER	Rhymney Valley AC (EWA)	4.98					
22	407	Emily FRY	Newport Harriers (EWA)	4.92					
23	415	Lucy WINTLE	Pembrokeshire Harriers (JGP)	4.92					
24	296	Libby DAVIDSON	Newport Harriers (EWA)	4.89					
25	298	Sophie DAVIES	Cardiff Archers (SWA)	4.68					
26	358	Jessica WILCOCK	Swansea Harriers (JGP)	4.67					
27	352	Chloe SIMMONITE	Llanelli AC (JGP)	4.54					
28	302	Eve EVANS	Swansea Harriers (JGP)	4.39					
29	351	Alice SHIELDS	Barry & Vale Harriers (SWA)	4.39					
30	293	Charlotte COLLINS	Swansea Harriers (JGP)	4.34					
31	282	Shanaya BRAY-DAVIES	Swansea Harriers (SWA)	4.34					
32	507	Olivia KEY	Swansea Harriers (JGP)	4.14					
33	286	Hannah CARPENTER	Llanelli AC (JGP)	4.07					
34	289	Orla CHALLENGER-WILLIAMS	Swansea Harriers (JGP)	4.00					
35	301	Molly EDWARDS	Cwmbran Harriers (EWA)	3.80					
36	355	Molly TIDY	Rhymney Valley AC (EWA)	3.79					
37	345	Lillian PETERS	Swansea Harriers (JGP)	3.66					
38	410	Scarlett LEWIS	Swansea Harriers (JGP)	3.50					

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15B Results



T24-U15 Boys 60m

WELSH Record - Tim BENJAMIN, Cardiff AAC, 6.93, NIA, Birmingham, 1998

ENGLAND Record - Mark LEWIS-FRANCIS, Birchfield Harriers, 6.77, 1999

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	12	Lewis HEMBROW-MCKINLEY	North Somerset AC (SWE)	7.94	4-(SWE)	1	113	Nathan SCOTT	Rhondda AC (SWA)	7.56	2-(SWA)
2	105	Harry OWEN	Cardiff AAC (EWA)	8.26	1-(EWA)	2	78	Matthew BARK CHURCHILL	Lavington Athletics (SWE)	7.82	2-(SWE)
3	126	Evan WILLIS	Swansea Harriers (JGP)	8.63	3-(JGP)	3	90	James GENTILE	North Somerset AC (SWE)	8.06	6-(SWE)
4	77	Fin BAKER	Cardiff AAC (SWA)	8.80	14-(SWA)	4	110	Kyle REES	Swansea Harriers (JGP)	8.10	1-(JGP)
5	81	Owain CLARKE	Swansea Harriers (JGP)	8.97	4-(JGP)	5	103	Hamish MANLEY	Mendip AC (SWE)	8.63	11-(SWE)
6	88	Evan FEARS	Rhymney Valley AC (EWA)	9.30	5-(EWA)	6	87	Ayomide ELUYERA	Cardiff AAC (SWA)	8.64	12-(SWA)
7	121	Ewan WALKLEY	Rhymney Valley AC (EWA)	9.76	6-(EWA)	7	100	Alfie KING	Stroud AC (SWE)	8.68	13-(SWE)
8	94	Owen HOOPER	Rhymney Valley AC (EWA)	9.85	7-(EWA)	8	95	Lewis INGRAM	Barry & Vale Harriers (SWA)	8.70	13-(SWA)
Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	98	Evan JONES	Bridgend AC (SWA)	7.84	4-(SWA)	1	111	Matthew REGISTER	Cardiff AAC (SWA)	7.97	5-(SWA)
2	89	Ben GAME	Team Bath AC (SWE)	8.03	5-(SWE)	2	85	Oliver D'ROZARIO	Taunton AC (SWE)	8.08	7-(SWE)
3	112	Louis ROCHEFORT-SHUGAR	Cardiff AAC (SWA)	8.40	10-(SWA)	3	127	Edward WILSON	Bristol & West AC (SWE)	8.27	9-(SWE)
4	79	Ben BUTCHER	Wimborne AC (SWE)	8.40	10-(SWE)	4	99	Iwan JONES	Cardiff AAC (SWA)	8.28	8-(SWA)
5	120	Ben VINCENT	Cardiff AAC (SWA)	8.51	11-(SWA)	5	92	Luke HAMLEY	North Devon AC (SWE)	8.64	12-(SWE)
6	119	Keele TUCKER	Team Bath AC (SWE)	8.90	14-(SWE)	6	116	Sam SULLY	Barry & Vale Harriers (SWA)	8.97	18-(SWA)
7	117	Jay THORNE	Cardiff AAC (SWA)	8.95	16-(SWA)	7	82	Iwan COYLE	Brecon AC (EWA)	9.00	4-(EWA)
8	106	Samuel PAYNE	North Somerset AC (SWE)	9.63	16-(SWE)	8	104	Finley NORMAN	Exeter Harriers (SWE)	9.20	15-(SWE)
Heat 5					Heat 6						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	114	Carter STAPLES	Cardiff AAC (SWA)	7.52	1-(SWA)	1	97	Damani JONES	Bristol & West AC (SWE)	8.23	8-(SWE)
2	93	Ben HILLMAN	Cardiff AAC (SWA)	7.65	3-(SWA)	2	80	Tomas CHARLES	Cardiff AAC (SWA)	8.38	9-(SWA)
3	96	Theodore JACKSON CLIST	Exeter Harriers (SWE)	7.76	1-(SWE)	3	109	Oliver REARDON	Rhymney Valley AC (EWA)	8.51	
4	108	Will PINDER	Team Bath AC (SWE)	7.88	3-(SWE)	4	86	Thomas EDWARDS	Cardiff AAC (SWA)	8.84	15-(SWA)
5	118	Louis THORNE	Cardiff AAC (SWA)	7.97	5-(SWA)	5	115	Finlay SULLIVAN	Bridgend AC (SWA)	8.95	16-(SWA)
6	91	Philip GRUNDY	Cardiff AAC (SWA)	8.21	7-(SWA)	6	125	Ben WILLIAMS	Bridgend AC (SWA)	9.48	18-(SWA)
7	107	Sam PETHERBRIDGE	Swansea Harriers (JGP)	8.35	2-(JGP)						
8	123	Joe WESTWOOD	Rhymney Valley AC (EWA)	8.44	2-(EWA)						

SOUTH WALES MEDALLISTS

1	114	Carter STAPLES	Cardiff AAC (SWA)	7.52
2	113	Nathan SCOTT	Rhondda AC (SWA)	7.56
3	93	Ben HILLMAN	Cardiff AAC (SWA)	7.65

EAST WALES MEDALLISTS

1	105	Harry OWEN	Cardiff AAC (EWA)	8.26
2	123	Joe WESTWOOD	Rhymney Valley AC (EWA)	8.44
3	109	Oliver REARDON	Rhymney Valley AC (EWA)	8.51

SOUH WEST ENGLAND MEDALLISTS

1	96	Theodore JACKSON CLIST	Exeter Harriers (SWE)	7.76
2	78	Matthew BARK CHURCHILL	Lavington Athletics (SWE)	7.82
3	108	Will PINDER	Team Bath AC (SWE)	7.88

T14-U15 Boys 800m

WELSH Record - Jake HEYWARD, Cardiff AAC, 2:04.20, NIAC, Cardiff, 2013

ENGLAND Record - Richard DOWSE, Scunthorpe & District AC, 1:59.05, 1999

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	376	Benjamin HENSON	Cardiff AAC (SWA)	2:20.69	3-(SWA)	1	611	Alex KING	Cardiff Archers (SWA)	2:12.23	1-(SWA)
2	82	Iwan COYLE	Brecon AC (EWA)	2:23.57	2-(EWA)	2	451	Charlie HOLLAND	Swansea Harriers (JGP)	2:15.75	1-(JGP)
3	477	Joe MEAD	Bristol & West AC (JGP)	2:24.94	2-(JGP)	3	455	Michael OWEN	Newport Harriers (EWA)	2:17.63	1-(EWA)
4	447	Luca ELLIOTT	Cwmbran Harriers (EWA)	2:31.77	3-(EWA)	4	460	Iwan SMITH	Cardiff AAC (SWA)	2:18.19	2-(SWA)
5	379	Evan PENNY	Blaenau Gwent AC (EWA)	2:32.70	5-(EWA)	5	453	Lloyd JONES	Cardiff AAC (SWA)	2:23.32	4-(SWA)
6	452	Ethan JONES	Brecon AC (EWA)	2:33.30	6-(EWA)	6	377	Fraser KING	Cardiff Archers (SWA)	2:27.29	5-(SWA)
7	378	Harvey PARSONS	Brecon AC (EWA)	2:49.50	9-(EWA)	7	449	Ellis GRIST	Blaenau Gwent AC (EWA)	2:31.89	4-(EWA)
8	446	Patrick DEVENEY BILLINGE	Brecon AC (EWA)	3:01.31	10-(EWA)	8	461	Henry WATLING	Yate & District AC (JGP)	2:39.91	3-(JGP)
Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	448	Gethin EVANS	Cardiff AAC (SWA)	2:34.66	6-(SWA)						
2	457	Ben RAY	Barry & Vale Harriers (SWA)	2:36.58	7-(SWA)						
3	456	Lewis PARKER	Newport Harriers (EWA)	2:41.32	7-(EWA)						
4	454	Ross MAYO	Rhymney Valley AC (EWA)	2:46.28	8-(EWA)						
5	459	Alec ROBINSON	Rhymney Valley AC (EWA)	3:05.05	11-(EWA)						

SOUTH WALES MEDALLISTS

1	611	Alex KING	Cardiff Archers (SWA)	2:12.23
2	460	Iwan SMITH	Cardiff AAC (SWA)	2:18.19
3	376	Benjamin HENSON	Cardiff AAC (SWA)	2:20.69

EAST WALES MEDALLISTS

1	455	Michael OWEN	Newport Harriers (EWA)	2:17.63
2	82	Iwan COYLE	Brecon AC (EWA)	2:23.57
3	447	Luca ELLIOTT	Cwmbran Harriers (EWA)	2:31.77

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February										
2											
3											

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15B Results



T02-U15 Boys 1500m

WELSH Record - Elliott HARDEE, Newport Harriers, 4:15.61, NIAC, Cardiff, 2008

ENGLAND Record - Not Recognised at this age group

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	541	Lloyd SHEPPARD	Rhymney Valley AC (EWA)	4:40.91	1-(EWA)						
2	539	Andrew PENROSE	Cardiff Archers (SWA)	4:58.57	1-(SWA)						
3	536	Owen EVANS	Newport Harriers (EWA)	5:03.93	2-(EWA)						
4	540	Huw RILEY	Cardiff Archers (SWA)	5:05.65	2-(SWA)						
5	534	Samuel CLAYTON	Blaenau Gwent AC (EWA)	5:12.36	3-(EWA)						
6	537	Joshua JONES	Newport Harriers (EWA)	5:19.75	4-(EWA)						
7	124	Iwan WHITE	Swansea Harriers (JGP)	5:26.17	1-(JGP)						
8	535	Oscar DENTON	Newport Harriers (EWA)	5:34.48	5-(EWA)						

SOUTH WALES MEDALLISTS

1	539	Andrew PENROSE	Cardiff Archers (SWA)	4:58.57
2	540	Huw RILEY	Cardiff Archers (SWA)	5:05.65
3				

SOUTH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February		
2			
3			

EAST WALES MEDALLISTS

1	541	Lloyd SHEPPARD	Rhymney Valley AC (EWA)	4:40.91
2	536	Owen EVANS	Newport Harriers (EWA)	5:03.93
3	534	Samuel CLAYTON	Blaenau Gwent AC (EWA)	5:12.36

T09-U15 Boys 60m Hurdles

WELSH Record - Harry HILLMAN, Cardiff AAC, 8.58, Glasgow, 2012

ENGLAND Record - Daniel DAVIS, Sutton & District AC, 8.20, 2002

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	99	Iwan JONES	Cardiff AAC (SWA)	9.63	3-(SWA)	1	93	Ben HILLMAN	Cardiff AAC (SWA)	9.16	1-(SWA)
2	85	Oliver D'ROZARIO	Taunton AC (SWE)	9.79	1-(SWE)	2	111	Matthew REGISTER	Cardiff AAC (SWA)	9.45	2-(SWA)
3	106	Samuel PAYNE	North Somerset AC (SWE)	10.83	4-(SWE)	3	376	Benjamin HENSON	Cardiff AAC (SWA)	9.94	4-(SWA)
4	378	Harvey PARSONS	Brecon AC (EWA)	11.36	2-(EWA)	4	107	Sam PETHERBRIDGE	Swansea Harriers (JGP)	10.23	1-(JGP)
5	104	Finley NORMAN	Exeter Harriers (SWE)	11.43	6-(SWE)	5	377	Fraser KING	Cardiff Archers (SWA)	10.50	5-(SWA)
6	375	Daniel GREENWAY	Rhymney Valley AC (EWA)	13.01	3-(EWA)	6	119	Keelan TUCKER	Team Bath AC (SWE)	11.00	5-(SWE)

Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	380	Kester WELCH	Exeter Harriers (SWE)	9.96	2-(SWE)						
2	379	Evan PENNY	Blaenau Gwent AC (EWA)	10.37	1-(EWA)						
3	81	Owain CLARKE	Swansea Harriers (JGP)	10.44	2-(JGP)						
4	127	Edward WILSON	Bristol & West AC (SWE)	10.55	3-(SWE)						
5	126	Evan WILLIS	Swansea Harriers (JGP)	11.02	3-(JGP)						
6	84	Matthew DALLING	Swansea Harriers (JGP)	13.05	4-(JGP)						

SOUTH WALES MEDALLISTS

1	93	Ben HILLMAN	Cardiff AAC (SWA)	9.16
2	111	Matthew REGISTER	Cardiff AAC (SWA)	9.45
3	99	Iwan JONES	Cardiff AAC (SWA)	9.63

SOUTH WEST ENGLAND MEDALLISTS

1	85	Oliver D'ROZARIO	Taunton AC (SWE)	9.79
2	380	Kester WELCH	Exeter Harriers (SWE)	9.96
3	127	Edward WILSON	Bristol & West AC (SWE)	10.55

EAST WALES MEDALLISTS

1	379	Evan PENNY	Blaenau Gwent AC (EWA)	10.37
2	378	Harvey PARSONS	Brecon AC (EWA)	11.36
3	375	Daniel GREENWAY	Rhymney Valley AC (EWA)	13.01

F07-U15 Boys Pole Vault

WELSH Record - Stephen GUEST, Bridgend AC, 3.60, NIA, Birmingham, 2008

ENGLAND Record - Adam HAGUE, The Dearne ALC, 4.06, 2011

SOUTH WALES MEDALLISTS				
Pos	Bib	Athlete	Club	Perf
1	572	Jack HORNE-SMITH	Swindon Harriers (SWE)	2.70
2	577	Noah OSBORNE	Swansea Harriers (JGP)	2.40
3	400	Noah JONES	City of Plymouth (SWE)	2.40
4	81	Owain CLARKE	Swansea Harriers (JGP)	2.00
5	124	Iwan WHITE	Swansea Harriers (JGP)	2.00
6	378	Harvey PARSONS	Brecon AC (EWA)	1.90

EAST WALES MEDALLISTS				
Pos	Bib	Athlete	Club	Perf
1	378	Harvey PARSONS	Brecon AC (EWA)	1.90

SOUTH WEST ENGLAND MEDALLISTS				
Pos	Bib	Athlete	Club	Perf
1	572	Jack HORNE-SMITH	Swindon Harriers (SWE)	2.70
2	400	Noah JONES	City of Plymouth (SWE)	2.40

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

WELSH ATHLETICS
ATHLETAU CYMRU**U15B Results****F10-U15 Boys Long Jump**

WELSH Record - Lloyd ROBBINS, Deeside AAC, 6.16, NIA, Birmingham, 2010

ENGLAND Record - Robert GAYLER, Shaftesbury Barnet, 6.37, 2008

Pos	Bib	Athlete	Club	Perf		SOUTH WALES MEDALLISTS				
1	96	Theodore JACKSON CLIST	Exeter Harriers (SWE)	6.03	1-(SWE)	1	93	Ben HILLMAN	Cardiff AAC (SWA)	5.30
2	93	Ben HILLMAN	Cardiff AAC (SWA)	5.30	1-(SWA)	2	120	Ben VINCENT	Cardiff AAC (SWA)	5.10
3	120	Ben VINCENT	Cardiff AAC (SWA)	5.10	2-(SWA)	3	376	Benjamin HENSON	Cardiff AAC (SWA)	4.91
4	123	Joe WESTWOOD	Rhymney Valley AC (EWA)	5.04	1-(EWA)	EAST WALES MEDALLISTS				
5	105	Harry OWEN	Cardiff AAC (EWA)	4.94	2-(EWA)	1	123	Joe WESTWOOD	Rhymney Valley AC (EWA)	5.04
6	85	Oliver D'ROZARIO	Taunton AC (SWE)	4.93	2-(SWE)	2	105	Harry OWEN	Cardiff AAC (EWA)	4.94
7	376	Benjamin HENSON	Cardiff AAC (SWA)	4.91	3-(SWA)	3	94	Owen HOOPER	Rhymney Valley AC (EWA)	3.89
8	79	Ben BUTCHER	Wimborne AC (SWE)	4.90	3-(SWE)	SOUTH WEST ENGLAND MEDALLISTS				
9	451	Charlie HOLLAND	Swansea Harriers (JGP)	4.80	1-(JGP)	1	96	Theodore JACKSON CLIST	Exeter Harriers (SWE)	6.03
10	12	Lewis HEMBROW-MCKINLEY	North Somerset AC (SWE)	4.73	4-(SWE)	2	85	Oliver D'ROZARIO	Taunton AC (SWE)	4.93
11	92	Luke HAMLEY	North Devon AC (SWE)	4.66	5-(SWE)	3	79	Ben BUTCHER	Wimborne AC (SWE)	4.90
12	102	Joshua LOCK	Wimborne AC (SWE)	4.64	6-(SWE)					
13	377	Fraser KING	Cardiff Archers (SWA)	4.50	4-(SWA)					
14	119	Keelan TUCKER	Team Bath AC (SWE)	4.47	7-(SWE)					
15	380	Kester WELCH	Exeter Harriers (SWE)	4.44	8-(SWE)					
16	107	Sam PETHERBRIDGE	Swansea Harriers (JGP)	4.31	2-(JGP)					
17	583	Christian Miguel ALBON	North Somerset AC (SWE)	4.25	9-(SWE)					
18	104	Finley NORMAN	Exeter Harriers (SWE)	4.19	10-(SWE)					
19	538	Ted MINNIS	Cardiff Archers (SWA)	4.11	5-(SWA)					
20	106	Samuel PAYNE	North Somerset AC (SWE)	3.98	11-(SWE)					
21	94	Owen HOOPER	Rhymney Valley AC (EWA)	3.89	3-(EWA)					
22	97	Damani JONES	Bristol & West AC (SWE)	3.76	12-(SWE)					
23	121	Ewan WALKLEY	Rhymney Valley AC (EWA)	3.63	4-(EWA)					

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15G Results**T17-U15 Girls 60m**

WELSH Record - Hannah BRIER, Swansea Harriers, 7.74, NIA, Birmingham, 2012

ENGLAND Record - Katharine MERRY, Birchfield Harriers, 7.35, 1989

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	203	Lydia SMITH	Taunton AC (SWE)	8.16	1-(SWE)	1	153	Sadie GRAHAM-MULVANEY	Cardiff AAC (EWA)	8.34	2-(EWA)
2	128	Ciara ALEXANDER	Taunton AC (SWE)	8.67	9-(SWE)	2	173	Simran KAUR	Bristol & West AC (SWE)	8.45	4-(SWE)
3	149	Jessica FISHER	Taunton AC (SWE)	8.77	11-(SWE)	3	133	Cerys BEVAN	Llanelli AC (JGP)	8.46	1-(JGP)
4	212	Arabella WILSON	Exeter Harriers (SWE)	8.83	12-(SWE)	4	175	Kirsty LAW	Barry & Vale Harriers (SWA)	8.61	6-(SWA)
5	176	Rhiannon LEE	Taunton AC (SWE)	9.41	19-(SWE)	5	150	Safiyah FLEMING	Cardiff AAC (SWA)	8.82	15-(SWA)
6	129	Olivia ANGELL	Newport Harriers (EWA)	9.47	12-(EWA)	6	213	Georgia WILSON	Swansea Harriers (JGP)	8.82	3-(JGP)
7	158	Catrin HOCKING	Cardiff AAC (SWA)	9.77	24-(SWA)	7	147	Rianna EVANS	Swansea Harriers (JGP)	9.19	6-(JGP)
8	151	Charlotte FRASER	Rhymney Valley AC (EWA)	10.37	14-(EWA)	DNS	411	Bethany MORGAN	Swansea Harriers (JGP)		
9	155	Lily GREGSON	Cardiff AAC (SWA)	10.43	26-(SWA)						
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	160	Molly HOLE	City of Salisbury (SWE)	8.37	3-(SWE)	1	166	Ella HUBBARDE	Bridgend AC (SWA)	8.47	4-(SWA)
2	136	Katie CHAPMAN	Exeter Harriers (SWE)	8.57	5-(SWE)	2	169	Erika JARRETT	Newport Harriers (EWA)	8.55	3-(EWA)
3	148	Isobel FARRANT-WORTH	Exeter Harriers (SWE)	9.01	15-(SWE)	3	192	Erin MURRAY	Cardiff AAC (SWA)	8.71	9-(SWA)
4	188	Catrin MINTO	Cwmbran Harriers (EWA)	9.18	9-(EWA)	4	182	Saffron MAURICE	Cardiff AAC (SWA)	8.76	12-(SWA)
5	208	Elinor THOMAS	Llanelli AC (JGP)	9.19	6-(JGP)	5	142	Elina DINEEN	Cardiff Archers (SWA)	8.80	13-(SWA)
6	214	Ellie WORTHY	Brecon AC (EWA)	9.24	11-(EWA)	6	135	Emma CARTER	Cardiff AAC (SWA)	8.88	17-(SWA)
7	185	Aimee MERRICK	Swansea Harriers (JGP)	9.28	9-(JGP)	7	198	Sophie RICHARDS	Blaenau Gwent AC (EWA)	8.96	4-(EWA)
DNS	195	Eve PEARSON	Cardiff AAC (SWA)			DNS	146	Naomi DUNNING	Cwmbran harriers (EWA)		
				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	159	Estelle HODGES	Erme valley harriers (SWE)	8.59	6-(SWE)	1	172	Maya JONES	Taunton AC (SWE)	8.69	10-(SWE)
2	201	Lydia ROBERTS	Rhondda AC (SWA)	8.63	8-(SWA)	2	132	Ellie BEDDALL	Cardiff Archers (SWA)	9.26	19-(SWA)
3	197	Madison POWELL	Cwmbran Harriers (EWA)	9.02	5-(EWA)	3	193	Malika OUILES	Gloucester AC (SWE)	9.35	18-(SWE)
4	191	Betsi MOUNTFORD	Barry & Vale Harriers (SWA)	9.32	20-(SWA)	4	162	Amber HOPKINS	Worcester AC (JGP)	9.46	11-(JGP)
5	180	Bethan MAGWOOD	Rhymney Valley AC (EWA)	9.47	12-(EWA)	5	202	Ella ROBERTS-HAYAMIZU	Bridgend AC (SWA)	9.50	21-(SWA)
6	205	Natasha STATHAM	North Somerset AC (SWE)	9.68	22-(SWE)	6	189	Isabel MORGAN	Cardiff Archers (SWA)	9.53	22-(SWA)
7	177	Sophie LIAS	Cardiff AAC (SWA)	9.89	25-(SWA)	7	183	Erin MCLOUGHLIN	Barry & Vale Harriers (SWA)	9.57	23-(SWA)
8	145	Nicole DUNN	Exeter Harriers (SWE)	10.38	23-(SWE)	8	137	Ellie CHIVERS	Mendip AC (SWE)	9.64	21-(SWE)
				Heat 7				Heat 8			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	199	Molly RIDGE	Bridgend AC (SWA)	8.75	10-(SWA)	1	190	Macey MORRIS	Newport Harriers (EWA)	8.11	1-(EWA)
2	194	Victoria OWEN	Cardiff Archers (SWA)	8.75	10-(SWA)	2	171	Ffion Louise JONES	Cardiff AAC (SWA)	8.11	2-(SWA)
3	196	Grace POWELL	Neath Harriers (JGP)	9.01	5-(JGP)	3	157	Sophie HILLYERD	Bristol & West AC (SWE)	8.60	7-(SWE)
4	165	Bo-Lilli HOWELLS	Rhymney Valley AC (EWA)	9.05	6-(EWA)	4	139	Jodi DAVIES	Bridgend AC (SWA)	8.86	16-(SWA)
5	207	Caitlin TAPPER	Rhymney Valley AC (EWA)	9.14	7-(EWA)	5	156	Chloe HARRIS	Exeter Harriers (SWE)	9.07	16-(SWE)
6	164	Grace HORNE	Cardiff Archers (EWA)	9.16	8-(EWA)	6	200	Jessica ROBERTS	Neath Harriers (JGP)	10.19	12-(JGP)
7	206	Lowri STEPHENS	Rhymney Valley AC (EWA)	9.20	10-(EWA)	DNS	163	Lauren HOPKINS	Cardiff AAC (SWA)		
8	131	Safi BECHAR	Swansea Harriers (JGP)	9.23	8-(JGP)	DNS	550	Jemima JENKINS	Newport Harriers (EWA)		
				Heat 9				Heat 10			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	174	Emmanuella KONE	Cardiff AAC (SWA)	8.00	1-(SWA)	1	204	Rebecca SQUIRES	Exeter Harriers (SWE)	8.25	2-(SWE)
2	141	Gabby DICKINSON	Cardiff AAC (SWA)	8.42	3-(SWA)	2	167	Ellie Rose ISAAC	Cardiff Archers (SWA)	8.62	7-(SWA)
3	209	Lauren THOMAS	Neath Harriers (JGP)	8.53	2-(JGP)	3	179	Emily LUMLEY	Tavistock AC (SWE)	8.90	13-(SWE)
4	143	Hannah DIXON	Bridgend AC (SWA)	8.59	5-(SWA)	4	168	Tayla JAMES	Tavistock AC (SWE)	8.98	14-(SWE)
5	154	Ruth GREEN	Erme Valley Harriers (SWE)	8.62	8-(SWE)	5	186	Ellie MILES	Cardiff Archers (SWA)	9.20	18-(SWA)
6	184	Holly MEDINA	Cardiff AAC (SWA)	8.81	14-(SWA)	6	152	Abbie FREEMAN	Exeter Harriers (SWE)	9.32	17-(SWE)
7	138	Emily COLLINS	Swansea Harriers (JGP)	8.83	4-(JGP)	7	170	Emily JONES	Swansea Harriers (JGP)	9.36	10-(JGP)
8	211	Poppy TOOZE	Exeter Harriers (SWE)	9.57	20-(SWE)						

SOUTH WALES MEDALLISTS

1	174	Emmanuella KONE	Cardiff AAC (SWA)	8.00
2	171	Ffion Louise JONES	Cardiff AAC (SWA)	8.11
3	141	Gabby DICKINSON	Cardiff AAC (SWA)	8.42

EAST WALES MEDALLISTS

1	190	Macey MORRIS	Newport Harriers (EWA)	8.11
2	153	Sadie GRAHAM-MULVANEY	Cardiff AAC (EWA)	8.34
3	169	Erika JARRETT	Newport Harriers (EWA)	8.55

SOUH WEST ENGLAND MEDALLISTS

1	203	Lydia SMITH	Taunton AC (SWE)	8.16
2	204	Rebecca SQUIRES	Exeter Harriers (SWE)	8.25
3	160	Molly HOLE	City of Salisbury (SWE)	8.37

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15G Results**T16-U15 Girls 800m**

WELSH Record - Lauren BELL, Pembrokeshire Harriers, 2:15.32, NIA, Birmingham, 2009

ENGLAND Record - Lynsey SHARP, Edinburgh Southern Harriers, 2:12.79, 2004

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	471	Lili JONES	Cardiff AAC (SWA)	2:34.97	4-(SWA)	1	161	Jamie HOLLAND	Swansea Harriers (JGP)	2:51.67	3-(JGP)
2	468	Bethany GOLD	Cardiff AAC (SWA)	2:35.53	5-(SWA)	2	473	Ruby JONES	Brecon AC (EWA)	2:53.76	3-(EWA)
3	472	Megan JONES	Cardiff Archers (SWA)	2:42.85	7-(SWA)	3	481	Sapphire SAMUEL	Newport Harriers (EWA)	2:56.35	5-(EWA)
4	396	Evie WONG	Cardiff AAC (SWA)	2:46.66	8-(SWA)	4	476	Libby MCKINNEY	Barry & Vale Harriers (SWA)	3:02.64	13-(SWA)
5	386	Elen JAMES	Cardiff AAC (SWA)	2:46.80	9-(SWA)	5	480	Angel SAMUEL	Newport Harriers (EWA)	3:03.74	6-(EWA)
6	132	Ellie BEDDALL	Cardiff Archers (SWA)	2:47.50	10-(SWA)	6	478	Kayleigh MITCHELL	Newport Harriers (EWA)	3:03.92	7-(EWA)
7	137	Ellie CHIVERS	Mendip AC (SWE)	2:47.92	1-(SWE)	7	390	Amy MULLEN	Llanelli AC (JGP)	3:04.44	5-(JGP)
8	387	Darcy JOHN-COOK	Cardiff AAC (SWA)	2:49.99	11-(SWA)	8	428	Sophie HUGHES	Blaenau Gwent AC (EWA)	3:07.17	8-(EWA)

				Heat 3						Heat 4	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	462	Aimee CALLOW	Cardiff Archers (SWA)	2:20.01	1-(SWA)	1	208	Elinor THOMAS	Llanelli AC (JGP)	2:52.70	4-(JGP)
2	483	Daisy THOMPSON	Cardiff Archers (SWA)	2:25.83	1-(JGP)	2	482	Ashleigh STEER	Newport Harriers (EWA)	2:56.08	4-(EWA)
3	385	Alaw EVANS	Cardiff Archers (SWA)	2:29.70	2-(SWA)	3	467	Georgina EDWARDS	Cardiff AAC (SWA)	2:58.65	12-(SWA)
4	465	Isabel CLARK	Blaenau Gwent AC (EWA)	2:31.08	1-(EWA)	4	485	Menna WILLIAMS	Cardiff AAC (SWA)	3:03.18	14-(SWA)
5	474	Anya LENNON	Cardiff Archers (SWA)	2:31.69	3-(SWA)	5	185	Aimee MERRICK	Swansea Harriers (JGP)	3:09.75	6-(JGP)
6	464	Emily CHIRIGHIN	Cardiff AAC (SWA)	2:37.98	6-(SWA)	6	475	Jessica LEWIS	Bristol & West AC (JGP)	3:09.89	7-(JGP)
7	469	Sinead GRAY	Newport Harriers (EWA)	2:38.91	2-(EWA)	7	466	Erin DAVIES	Newport Harriers (EWA)	3:24.10	9-(EWA)
8	479	Scarlett PEGLER	Gloucester AC (JGP)	2:44.21	2-(JGP)						

SOUTH WALES MEDALLISTS

1	462	Aimee CALLOW	Cardiff Archers (SWA)	2:20.01
2	385	Alaw EVANS	Cardiff Archers (SWA)	2:29.70
3	474	Anya LENNON	Cardiff Archers (SWA)	2:31.69

EAST WALES MEDALLISTS

1	465	Isabel CLARK	Blaenau Gwent AC (EWA)	2:31.08
2	469	Sinead GRAY	Newport Harriers (EWA)	2:38.91
3	473	Ruby JONES	Brecon AC (EWA)	2:53.76

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

T05-U15 Girls 1500m

WELSH Record - Jade WILLIAMS, Amman Valley, 4:45.80, NIAC, Cardiff, 2007

ENGLAND Record - Not Recognised at this age group

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	544	Nia CLATWORTHY	Cardiff AAC (SWA)	5:02.82	1-(SWA)	1	542	Isobel ANNETTS	Cardiff AAC (SWA)	5:16.49	5-(SWA)
2	556	Eden WILLIAMS	Cardiff AAC (SWA)	5:06.61	2-(SWA)	2	550	Jemima JENKINS	Newport Harriers (EWA)	5:17.99	2-(EWA)
3	553	Ella MORGAN	Aberdare VAAC (SWA)	5:06.93	3-(SWA)	3	554	Maisie PEARCE	Blaenau Gwent AC (EWA)	5:25.25	3-(EWA)
4	543	Molly BALL	Blaenau Gwent AC (EWA)	5:08.45	1-(EWA)	4	547	Elin GRIFFITHS	Newport Harriers (EWA)	5:31.71	5-(EWA)
5	549	Alanah HILL	Cardiff Archers (SWA)	5:15.09	4-(SWA)	5	551	Moli LYONS	Barry & Vale Harriers (SWA)	5:31.90	7-(SWA)
6	546	Mia GODDARD	Cardiff AAC (SWA)	5:16.92	6-(SWA)	6	555	Freya ROBERTS	Cardiff Archers (SWA)	5:48.69	8-(SWA)
7	552	Bethan MORGAN	Newport Harriers (EWA)	5:30.15	4-(EWA)	7	545	Tegan EVANS	Cardiff Archers (SWA)	6:03.46	9-(SWA)

SOUTH WALES MEDALLISTS

1	544	Nia CLATWORTHY	Cardiff AAC (SWA)	5:02.82
2	556	Eden WILLIAMS	Cardiff AAC (SWA)	5:06.61
3	553	Ella MORGAN	Aberdare VAAC (SWA)	5:06.93

EAST WALES MEDALLISTS

1	543	Molly BALL	Blaenau Gwent AC (EWA)	5:08.45
2	550	Jemima JENKINS	Newport Harriers (EWA)	5:17.99
3	554	Maisie PEARCE	Blaenau Gwent AC (EWA)	5:25.25

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15G ResultsWELSH ATHLETICS
ATHLETAU CYMRU**T12-U15 Girls 60m Hurdles**

WELSH Record - Heather JONES, Carmarthen Harriers, 8.79, NIA, Birmingham, 2001

ENGLAND Record - Heather JONES, Carmarthen Harriers, 8.79, 2001

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	149	Jessica FISHER	Taunton AC (SWE)	10.30	9-(SWE)	1	160	Molly HOLE	City of Salisbury (SWE)	10.01	3-(SWE)
2	138	Emily COLLINS	Swansea Harriers (JGP)	10.51	3-(JGP)	2	381	Mia BATES	Team Bath AC (SWE)	10.04	4-(SWE)
3	212	Arabella WILSON	Exeter Harriers (SWE)	11.05	12-(SWE)	3	383	Alice CORDEN	Cardiff AAC (SWA)	10.66	6-(SWA)
4	162	Amber HOPKINS	Worcester AC (JGP)	11.36	4-(JGP)	4	389	Holly MCDONALD	Rhymney Valley AC (EWA)	10.92	4-(EWA)
5	128	Ciara ALEXANDER	Taunton AC (SWE)	12.19	14-(SWE)	5	395	Lily WHEELER SEXTON	Cardiff AAC (SWA)	10.99	10-(SWA)
6	151	Charlotte FRASER	Rhymney Valley AC (EWA)	13.33	9-(EWA)	6	145	Nicole DUNN	Exeter Harriers (SWE)	12.72	16-(SWE)
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	197	Madison POWELL	Cwmbran Harriers (EWA)	10.13	1-(EWA)	1	183	Erin MCLOUGHLIN	Barry & Vale Harriers (SWA)	10.85	9-(SWA)
2	136	Katie CHAPMAN	Exeter Harriers (SWE)	10.15	5-(SWE)	2	392	Eloise SPACEY	Rhymney Valley AC (EWA)	10.89	2-(EWA)
3	209	Lauren THOMAS	Neath Harriers (JGP)	10.31	2-(JGP)	3	384	Antonia DAWES	Newport Harriers (EWA)	11.69	6-(EWA)
4	385	Alaw EVANS	Cardiff Archers (SWA)	10.80	8-(SWA)	4	390	Amy MULLEN	Llanelli AC (JGP)	12.04	5-(JGP)
5	188	Catrin MINTO	Cwmbran Harriers (EWA)	10.90	3-(EWA)	5	214	Ellie WORTHY	Brecon AC (EWA)	12.38	7-(EWA)
6	152	Abbie FREEMAN	Exeter Harriers (SWE)	11.83	13-(SWE)	6	382	Izzie BRYANT	Newport Harriers (EWA)	12.53	8-(EWA)
				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	182	Saffron MAURICE	Cardiff AAC (SWA)	9.72	1-(SWA)	1	159	Estelle HODGES	Erme valley harriers (SWE)	10.21	6-(SWE)
2	172	Maya JONES	Taunton AC (SWE)	9.76	2-(SWE)	2	180	Bethan MAGWOOD	Rhymney Valley AC (EWA)	11.68	5-(EWA)
3	142	Elina DINEEN	Cardiff Archers (SWA)	9.85	2-(SWA)	3	393	Paige THOMAS	Swansea Harriers (JGP)	12.23	6-(JGP)
4	396	Evie WONG	Cardiff AAC (SWA)	9.89	3-(SWA)	4	205	Natasha STATHAM	North Somerset AC (SWE)	12.31	15-(SWE)
5	391	Carys POOLE	Swansea Harriers (JGP)	9.92	1-(JGP)	5	177	Sophie LIAS	Cardiff AAC (SWA)	13.01	11-(SWA)
6	387	Darcy JOHN-COOK	Cardiff AAC (SWA)	10.22	5-(SWA)	6	388	Sophia LEWIS	Swansea Harriers (JGP)	14.04	7-(JGP)
				Heat 7				Heat 8			
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	203	Lydia SMITH	Taunton AC (SWE)	9.42	1-(SWE)						
2	167	Ellie Rose ISAAC	Cardiff Archers (SWA)	9.96	4-(SWA)						
3	148	Isobel FARRANT-WORTH	Exeter Harriers (SWE)	10.25	7-(SWE)						
4	156	Chloe HARRIS	Exeter Harriers (SWE)	10.26	8-(SWE)						
5	204	Rebecca SQUIRES	Exeter Harriers (SWE)	10.45	10-(SWE)						
6	189	Isabel MORGAN	Cardiff Archers (SWA)	10.73	7-(SWA)						
7	211	Poppy TOOZE	Exeter Harriers (SWE)	10.77	11-(SWE)						

SOUTH WALES MEDALLISTS

1	182	Saffron MAURICE	Cardiff AAC (SWA)	9.72
2	142	Elina DINEEN	Cardiff Archers (SWA)	9.85
3	396	Evie WONG	Cardiff AAC (SWA)	9.89

EAST WALES MEDALLISTS

1	197	Madison POWELL	Cwmbran Harriers (EWA)	10.13
2	392	Eloise SPACEY	Rhymney Valley AC (EWA)	10.89
3	188	Catrin MINTO	Cwmbran Harriers (EWA)	10.90

SOUTH WEST ENGLAND MEDALLISTS

1	12	Lewis HEMBROW-MCKINLEY	North Somerset AC (SWE)	9.42
2	172	Maya JONES	Taunton AC (SWE)	9.76
3	160	Molly HOLE	City of Salisbury (SWE)	10.01

F08-U15 Girls Pole Vault

WELSH Record - Rhianydd LLEWELLYN, Bridgend AC, 3.20, NIA, Birmingham, 2008

ENGLAND Record - Lucy BRYAN, Bristol & West AC, 3.42, 2009

				SOUTH WALES MEDALLISTS							
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	470	Ella JACKSON	Cardiff Archers (SWA)	2.10	1-(SWA)	1	470	Ella JACKSON	Cardiff Archers (SWA)	2.10	

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U15G ResultsWELSH ATHLETICS
ATHLETAU CYMRU**F03-U15 Girls Shot Put (3.00kg)**

WELSH Record - Danielle JONES, Carmarthen Harriers, 10.79, Swansea, 2015

ENGLAND Record - Liz MILLWARD, Cannock & Stafford AC, 12.74, 2003

Pos	Bib	Athlete	Club	Perf		SOUTH WALES MEDALLISTS			
1	160	Molly HOLE	City of Salisbury (SWE)	10.70	1-(SWE)	1	599 Cassey GRIMWADE	Cardiff AAC (SWA)	9.29
2	136	Katie CHAPMAN	Exeter Harriers (SWE)	9.79	2-(SWE)	2	132 Ellie BEDDALL	Cardiff Archers (SWA)	9.04
3	161	Jamie HOLLAND	Swansea Harriers (JGP)	9.76	1-(JGP)	3	470 Ella JACKSON	Cardiff Archers (SWA)	7.66
4	600	Sally HOPKINS	Swansea Harriers (JGP)	9.31	2-(JGP)	EAST WALES MEDALLISTS			
5	599	Cassey GRIMWADE	Cardiff AAC (SWA)	9.29	1-(SWA)	1	597 Morgan FRENCH	Newport Harriers (EWA)	7.42
6	132	Ellie BEDDALL	Cardiff Archers (SWA)	9.04	2-(SWA)	2	552 Bethan MORGAN	Newport Harriers (EWA)	7.00
7	152	Abbie FREEMAN	Exeter Harriers (SWE)	8.69	3-(SWE)	3	188 Catrin MINTO	Cwmbran Harriers (EWA)	6.39
8	179	Emily LUMLEY	Tavistock AC (SWE)	8.64	4-(SWE)	SOUTH WEST ENGLAND MEDALLISTS			
9	391	Carys POOLE	Swansea Harriers (JGP)	8.17	3-(JGP)	1	160 Molly HOLE	City of Salisbury (SWE)	10.70
10	176	Rhiannon LEE	Taunton AC (SWE)	7.78	5-(SWE)	2	136 Katie CHAPMAN	Exeter Harriers (SWE)	9.79
11	470	Ella JACKSON	Cardiff Archers (SWA)	7.66	3-(SWA)	3	152 Abbie FREEMAN	Exeter Harriers (SWE)	8.69
12	201	Lydia ROBERTS	Rhondda AC (SWA)	7.58	4-(SWA)				
13	597	Morgan FRENCH	Newport Harriers (EWA)	7.42	1-(EWA)				
14	211	Poppy TOOZE	Exeter Harriers (SWE)	7.29	6-(SWE)				
15	205	Natasha STATHAM	North Somerset AC (SWE)	7.29	6-(SWE)				
16	172	Maya JONES	Taunton AC (SWE)	7.28	8-(SWE)				
17	203	Lydia SMITH	Taunton AC (SWE)	7.07	9-(SWE)				
18	552	Bethan MORGAN	Newport Harriers (EWA)	7.00	2-(EWA)				
19	204	Rebecca SQUIRES	Exeter Harriers (SWE)	6.90	10-(SWE)				
20	148	Isobel FARRANT-WORTH	Exeter Harriers (SWE)	6.90	11-(SWE)				
21	149	Jessica FISHER	Taunton AC (SWE)	6.71	12-(SWE)				
22	155	Lily GREGSON	Cardiff AAC (SWA)	6.70	5-(SWA)				
23	156	Chloe HARRIS	Exeter Harriers (SWE)	6.52	13-(SWE)				
24	188	Catrin MINTO	Cwmbran Harriers (EWA)	6.39	3-(EWA)				
25	390	Amy MULLEN	Llanelli AC (JGP)	6.15	4-(JGP)				
26	138	Emily COLLINS	Swansea Harriers (JGP)	6.11	5-(JGP)				
27	163	Lauren HOPKINS	Cardiff AAC (SWA)	6.00	6-(SWA)				
28	212	Arabella WILSON	Exeter Harriers (SWE)	6.00	14-(SWE)				
29	602	Iona MELROSE	Llanelli AC (JGP)	5.99	6-(JGP)				
30	186	Ellie MILES	Cardiff Archers (SWA)	5.93	7-(SWA)				
31	146	Naomi DUNNING	Cwmbran harriers (EWA)	5.91	4-(EWA)				
32	162	Amber HOPKINS	Worcester AC (JGP)	5.73	7-(JGP)				
33	384	Antonia DAWES	Newport Harriers (EWA)	5.67	5-(EWA)				
34	382	Izzie BRYANT	Newport Harriers (EWA)	5.42	6-(EWA)				
35	193	Malika OUILES	Gloucester AC (SWE)	5.41	15-(SWE)				
36	208	Elinor THOMAS	Llanelli AC (JGP)	5.29	8-(JGP)				
37	151	Charlotte FRASER	Rhymney Valley AC (EWA)	5.23	7-(EWA)				
38	475	Jessica LEWIS	Bristol & West AC (SWE)	4.86	16-(SWE)				
39	158	Catrin HOCKING	Cardiff AAC (SWA)	4.83	8-(SWA)				
40	466	Erin DAVIES	Newport Harriers (EWA)	3.90	8-(EWA)				

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U17M ResultsWELSH ATHLETICS
ATHLETAU CYMRU**T23-U17 Men 60m**

WELSH Record - Hannah BRIER, Swansea Harriers, 8.2(HT)/8.23(ET), Swansea, 2009/2010

ENGLAND Record - Not Recognised at this age group

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	11	Alexander HALLIDAY	Cardiff AAC (SWA)	7.65	4-(SWA)	1	31	Tomos SLADE	Swansea Harriers (JGP)	7.52	2-(JGP)
2	30	Simeon SANTIMA	Cardiff AAC (SWA)	7.73	5-(SWA)	2	32	Jack STOCKLEY-JONES	Cardiff AAC (SWA)	7.82	6-(SWA)
3	8	Jonny EVANS	Team Bath AC (SWE)	7.81	2-(SWE)	3	20	Dylan MATTHEWS	Cwmbran Harriers (EWA)	7.99	2-(EWA)
4	25	Ben PETHERBRIDGE	Swansea Harriers (JGP)	7.94	3-(JGP)	4	9	Joshua GRAY	Swansea Harriers (JGP)	8.12	4-(JGP)
5	16	Mason KEEPIN-DAVIES	Cwmbran Harriers (EWA)	8.22	3-(EWA)	5	15	Joshua KARADOGAN	Cardiff AAC (SWA)	8.12	9-(SWA)
DNS	13	Josh HOLE	City of Salisbury (SWE)			6	5	Sion COYLE	Brecon AC (EWA)	8.50	4-(EWA)
						7	6	Kyle DAVIES	Brecon AC (EWA)	8.75	5-(EWA)
				Heat 3						Heat 4	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	29	Iwan ROBINSON-BOOTH	Cardiff AAC (SWA)	7.17	2-(SWA)	1	1	Jeremiah AZU	Cardiff AAC (SWA)	7.01	1-(SWA)
2	23	Eli ONYEWU	Swansea Harriers (JGP)	7.36	1-(JGP)	2	22	Callum OLIVER-DAVIDSON	Newton Abbot AC (SWE)	7.86	3-(SWE)
3	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	7.46	3-(SWA)	3	24	Cameron PAMMENT	Cardiff AAC (SWA)	7.87	7-(SWA)
4	28	Harvey REYNOLDS	Cardiff AAC (EWA)	7.58	1-(EWA)	4	17	Ryan LANE	Cardiff AAC (SWA)	8.03	8-(SWA)
5	27	Jack PRIESTLEY	North Somerset AC (SWE)	7.78	1-(SWE)	5	2	Jac BURNE	Cardiff AAC (SWA)	8.12	9-(SWA)
6	18	Joshua LAWRENCE-SULLIVAN	Swansea Harriers (JGP)	8.56	5-(JGP)	6	26	Maximus POWELL	Swansea Harriers (JGP)	8.70	6-(JGP)

SOUTH WALES MEDALLISTS

1	1	Jeremiah AZU	Cardiff AAC (SWA)	7.01
2	29	Iwan ROBINSON-BOOTH	Cardiff AAC (SWA)	7.17
3	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	7.46

SOUH WEST ENGLAND MEDALLISTS

1	27	Jack PRIESTLEY	North Somerset AC (SWE)	7.78
2	8	Jonny EVANS	Team Bath AC (SWE)	7.81
3	22	Callum OLIVER-DAVIDSON	Newton Abbot AC (SWE)	7.86

EAST WALES MEDALLISTS

1	28	Harvey REYNOLDS	Cardiff AAC (EWA)	7.58
2	20	Dylan MATTHEWS	Cwmbran Harriers (EWA)	7.99
3	16	Mason KEEPIN-DAVIES	Cwmbran Harriers (EWA)	8.22

T18-U17 Men 800m

WELSH Record - Rhys GRANVILLE, Carmarthen Harriers, 1:55.46, NIA, Birmingham, 2012

ENGLAND Record - Craig WINROW, Wigan & District AC, 1:53.86, 1988

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	425	Finley RICHARDS	Newport Harriers (EWA)	2:04.38	1-(EWA)						
2	424	Connor RICHARDS	Newport Harriers (EWA)	2:05.44	2-(EWA)						
3	417	Luke GAWTHORN	Newport Harriers (EWA)	2:08.54	3-(EWA)						
4	419	Matt HUMPHREYS	Rhondda AC (SWA)	2:14.05	1-(SWA)						
5	421	David LOCKE	Newport Harriers (EWA)	2:15.91	4-(EWA)						
6	418	James GOLD	Cardiff AAC (SWA)	2:25.05	2-(SWA)						
7	9	Joshua GRAY	Swansea Harriers (JGP)	2:26.54	1-(JGP)						
8	423	Owain POWELL-JONES	Brecon AC (EWA)	2:28.15	5-(EWA)						
9	450	Jacob MAULLIN-DAVIES	Cardiff AAC (SWA)	2:37.91	3-(SWA)						
DNS	24										

SOUTH WALES MEDALLISTS

1	419	Matt HUMPHREYS	Rhondda AC (SWA)	2:14.05
2	418	James GOLD	Cardiff AAC (SWA)	2:25.05
3	450	Jacob MAULLIN-DAVIES	Cardiff AAC (SWA)	2:37.91

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February										
2											
3											

EAST WALES MEDALLISTS

1	425	Finley RICHARDS	Newport Harriers (EWA)	2:04.38
2	424	Connor RICHARDS	Newport Harriers (EWA)	2:05.44
3	417	Luke GAWTHORN	Newport Harriers (EWA)	2:08.54

T03-U17 Men 1500m

WELSH Record - Jake HEYWARD, Cardiff AAC, 3:57.31, NIAC, Cardiff, 2015

ENGLAND Record - Andrew MONAGHAN, Lagan Valley AC, 3:57.65, 2010

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	523	Dylan NAZARETH	Cardiff Archers (SWA)	4:38.59	4-(SWA)	1	524	James PENROSE	Cardiff Archers (SWA)	4:14.11	1-(SWA)
2	525	Jake SEVILLE	Newport Harriers (EWA)	4:41.78	3-(EWA)	2	519	Morgan JAMES	Cardiff AAC (SWA)	4:14.54	2-(SWA)
3	516	Devin COOMBES	Bridgend AC (SWA)	4:42.31	5-(SWA)	3	520	Sebastian LEWIS	Neath Harriers (JGP)	4:15.32	1-(JGP)
4	517	Iestyn EDWARDS	Cardiff AAC (SWA)	4:44.69	6-(SWA)	4	521	Jackson MOUNTFORD	Newport Harriers (EWA)	4:15.58	1-(EWA)
5	5	Sion COYLE	Brecon AC (EWA)	4:56.27	4-(EWA)	5	514	Remi ADEBIYI	Newport Harriers (EWA)	4:16.13	2-(EWA)
6	361	Ben DAVIES	Newport Harriers (EWA)	5:07.90	5-(EWA)	6	518	Liam GRIFFITHS	Aberdare VAAC (SWA)	4:22.05	3-(SWA)
						7	515	Daniel AUSTIN	Cardiff Archers (SWA)	4:45.11	7-(SWA)

SOUTH WALES MEDALLISTS

1	524	James PENROSE	Cardiff Archers (SWA)	4:14.11
2	519	Morgan JAMES	Cardiff AAC (SWA)	4:14.54
3	518	Liam GRIFFITHS	Aberdare VAAC (SWA)	4:22.05

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February										
2											
3											

EAST WALES MEDALLISTS

1	521	Jackson MOUNTFORD	Newport Harriers (EWA)	4:15.58
2	514	Remi ADEBIYI	Newport Harriers (EWA)	4:16.13
3	525	Jake SEVILLE	Newport Harriers (EWA)	4:41.78

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

WELSH ATHLETICS
ATHLETAU CYMRU**U17M Results****T07-U17 Men 60m Hurdles**

WELSH Record - David OMOREGIE, Pembrokeshire Harriers, 8.09, Glasgow, 2011

ENGLAND Record - Jack MEREDITH, Liverpool Harriers & AC, 7.89, 2008

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	31	Tomos SLADE	Swansea Harriers (JGP)	8.53	1-(JGP)						
2	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	8.53	1-(SWA)						
3	362	Chinua EBEREONWU	Cardiff Archers (SWA)	8.68	2-(SWA)						
4	21	Daniel MURATHODZIC	Cardiff Archers (SWA)	8.84	3-(SWA)						
5	359	Thomas BRITT	Cardiff AAC (EWA)	8.90	1-(EWA)						
6	450	Jacob MAULLIN-DAVIES	Cardiff AAC (SWA)	9.38	4-(SWA)						
7	8	Jonny EVANS	Team Bath AC (SWE)	10.17	1-(SWE)						

SOUTH WALES MEDALLISTS

1	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	8.53
2	362	Chinua EBEREONWU	Cardiff Archers (SWA)	8.68
3	21	Daniel MURATHODZIC	Cardiff Archers (SWA)	8.84

SOUTH WEST ENGLAND MEDALLISTS

1	8	Jonny EVANS	Team Bath AC (SWE)	10.17
2				
3				

EAST WALES MEDALLISTS

1	359	Thomas BRITT	Cardiff AAC (EWA)	8.90
2				
3				

F05-U17 Men Pole Vault

WELSH Record - Neil WINTER, Shaftesbury, 4.85, Cosford, 1990

ENGLAND Record - Christian LINSKEY, Barnsley AC, 4.70, 1996

Pos	Bib	Athlete	Club	Perf	SOUTH WALES MEDALLISTS				
1	576	Mark MELLOR	Cardiff Archers (SWA)	3.80	1	576	Mark MELLOR	Cardiff Archers (SWA)	3.80
2	359	Thomas BRITT	Cardiff AAC (EWA)	3.40	2	579	Christopher THOMPSON	Cardiff Archers (SWA)	2.90
3	580	Benjamin WOODNUTT	Swansea Harriers (JGP)	3.10	3	575	Edward KING	Cardiff Archers (SWA)	2.70
4	573	Ieuan HOSGOOD	Swansea Harriers (JGP)	3.10	EAST WALES MEDALLISTS				
5	571	Samuel FENWICK	Swansea Harriers (JGP)	2.90	1	359	Thomas BRITT	Cardiff AAC (EWA)	3.40
6	579	Christopher THOMPSON	Cardiff Archers (SWA)	2.90	2				
7	574	Steffan JONES	Swansea Harriers (JGP)	2.80	3				
8	575	Edward KING	Cardiff Archers (SWA)	2.70	SOUTH WEST ENGLAND MEDALLISTS				
9	24	Cameron PAMMENT	Cardiff AAC (SWA)	2.70	1				
10	578	Iwan SLADE	Swansea Harriers (JGP)	2.10	2				

F02-U17 Men Long Jump

WELSH Record - Scott HERBERT, Milton Keynes, 6.90, Cosford, 1990

ENGLAND Record - Onochi ONUORAH, Shaftesbury Barnet Harriers, 7.07, 1990

Pos	Bib	Athlete	Club	Perf	SOUTH WALES MEDALLISTS				
1	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	5.94	1	33	Harri WHEELER SEXTON	Cardiff AAC (SWA)	5.94
2	21	Daniel MURATHODZIC	Cardiff Archers (SWA)	5.83	2	21	Daniel MURATHODZIC	Cardiff Archers (SWA)	5.83
3	359	Thomas BRITT	Cardiff AAC (EWA)	5.75	3	11	Alexander HALLIDAY	Cardiff AAC (SWA)	5.39
4	12	Lewis HEMBROW-MCKINLEY	North Somerset AC (SWE)	5.44	EAST WALES MEDALLISTS				
5	360	Luke CRESSEY	Tavistock AC (SWE)	5.40	1	359	Thomas BRITT	Cardiff AAC (EWA)	5.75
6	11	Alexander HALLIDAY	Cardiff AAC (SWA)	5.39	2	20	Dylan MATTHEWS	Cwmbran Harriers (EWA)	5.18
7	591	Jack SPILLER	Swansea Harriers (JGP)	5.33	3	28	Harvey REYNOLDS	Cardiff AAC (EWA)	5.05
8	589	Fred NORTH	North Somerset AC (SWE)	5.24	SOUTH WEST ENGLAND MEDALLISTS				
9	20	Dylan MATTHEWS	Cwmbran Harriers (EWA)	5.18	1	12	Lewis HEMBROW-MCKINLEY	North Somerset AC (SWE)	5.44
10	587	Samuel MAULLIN-DAVIES	Cardiff AAC (SWA)	5.17	2	360	Luke CRESSEY	Tavistock AC (SWE)	5.40
11	8	Jonny EVANS	Team Bath AC (SWE)	5.13	3	589	Fred NORTH	North Somerset AC (SWE)	5.24
12	450	Jacob MAULLIN-DAVIES	Cardiff AAC (SWA)	5.09					
13	28	Harvey REYNOLDS	Cardiff AAC (EWA)	5.05					
14	361	Ben DAVIES	Newport Harriers (EWA)	4.93					
15	15	Joshua KARADOGAN	Cardiff AAC (SWA)	4.86					
16	584	Finlay BERTRAM	Newport Harriers (EWA)	4.75					
17	423	Owain POWELL-JONES	Brecon AC (EWA)	4.53					
18	575	Edward KING	Cardiff Archers (SWA)	4.45					
19	363	Thomas STEVENS	Cardiff AAC (SWA)	4.12					

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

WELSH ATHLETICS
ATHLETAU CYMRU**U17W Results****T21-U17 Women 60m**

WELSH Record - Hannah BRIER, Swansea Harriers, 7.47, NIAC, Cardiff, 2014

ENGLAND Record - Shauna THOMPSON, Sale Harriers, 7.51, 2008

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	37	Ellie CARROW	Taunton AC (SWE)	8.33	4-(SWE)	1	134	Mia BREEZE	Bristol & West AC (SWE)	8.32	3-(SWE)
2	53	Cerys LEE	Taunton AC (SWE)	8.39	6-(SWE)	2	608	Isobel OWEN	Cardiff AAC (SWA)	8.70	8-(SWA)
3	57	Holly MCKENNA	Taunton AC (SWE)	8.48	7-(SWE)	3	42	Natalie FRASCINA	Rhymney Valley AC (EWA)	8.77	4-(EWA)
4	44	Andrea GILBERT	Taunton AC (SWE)	8.49	8-(SWE)	4	61	Tia ROACH	Cardiff AAC (SWA)	9.04	9-(SWA)
5	65	Maisie STOTT	Brecon AC (EWA)	8.73	3-(EWA)	5	70	Holly VAGI	Newport Harriers (SWA)	9.28	12-(SWA)
6	38	Olivia COX	Rhymney Valley AC (EWA)	9.76	5-(EWA)	6	51	Caitlin KIRBY	Rhymney Valley AC (EWA)	10.49	6-(EWA)
						DQ	34	Laura ANNETTS	Cardiff AAC (SWA)	RULE 162.7	
				Heat 3						Heat 4	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	68	Emily THOMAS	Cardiff Archers (SWA)	8.30	3-(SWA)	1	64	Lucy STENNETT	Taunton AC (SWE)	8.10	2-(SWE)
2	50	Holly KINSEY	Tavistock AC (SWE)	8.38	5-(SWE)	2	75	Verity WOODS	Torbay AAC (SWE)	8.71	9-(SWE)
3	45	Nia GRUNDY	Cardiff AAC (SWA)	8.39	5-(SWA)	3	60	Medi Sian PHILLIPS	Neath Harriers (JGP)	8.79	3-(JGP)
4	41	Skylar EVANS	Bridgend AC (SWA)	8.41	6-(SWA)	4	54	Caitlin LEGGETT	Cardiff AAC (SWA)	9.04	9-(SWA)
5	63	Amy ROTHERO	Pembrokeshire Harriers (JGP)	8.54	1-(JGP)	5	48	Emma HOCKING	Cardiff AAC (SWA)	9.13	11-(SWA)
6	76	Seren WYATT	Swansea Harriers (JGP)	8.58	2-(JGP)	6	74	Amy WINCHESTER	Stroud AC (JGP)	9.17	4-(JGP)
7	72	Seren WENHAM	Cardiff AAC (SWA)	8.60	7-(SWA)	7	55	Grace LEGGETT	Cardiff AAC (SWA)	9.47	13-(SWA)
				Heat 5						Heat 6	
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	69	Issie TUSTIN	Cardiff AAC (SWA)	7.94	1-(SWA)						
2	49	Tia JACKSON	Bristol & West AC (SWE)	8.01	1-(SWE)						
3	40	Isabel DAVIES	Newport Harriers (EWA)	8.03	1-(EWA)						
4	73	Armani WILLIAMS	Newport Harriers (EWA)	8.12	2-(EWA)						
5	58	Grace MORGAN	Cardiff Archers (SWA)	8.28	2-(SWA)						
6	39	Lana CULLIFORD	Cardiff AAC (SWA)	8.32	4-(SWA)						
SOUTH WALES MEDALLISTS				SOUH WEST ENGLAND MEDALLISTS							
1	69	Issie TUSTIN	Cardiff AAC (SWA)	7.94		1	49	Tia JACKSON	Bristol & West AC (SWE)	8.01	
2	58	Grace MORGAN	Cardiff Archers (SWA)	8.28		2	64	Lucy STENNETT	Taunton AC (SWE)	8.10	
3	68	Emily THOMAS	Cardiff Archers (SWA)	8.30		3	134	Mia BREEZE	Bristol & West AC (SWE)	8.32	
EAST WALES MEDALLISTS											
1	40	Isabel DAVIES	Newport Harriers (EWA)	8.03							
2	73	Armani WILLIAMS	Newport Harriers (EWA)	8.12							
3	65	Maisie STOTT	Brecon AC (EWA)	8.73							

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed

U17W Results



WELSH ATHLETICS
ATHLETAU CYMRU

T20-U17 Women 800m

WELSH Record - Jade WILLIAMS, Amman Valley, 2:11.68, NIAC, Cardiff, 2009

ENGLAND Record - Hayley BEARD, Stevenage AC, 2:07.98, 2002

Heat 1					Heat 2				
Pos	Bib	Athlete	Club	Perf O/ALL	Pos	Bib	Athlete	Club	Perf O/ALL
1	441	Sofia VELLA	Cardiff AAC (SWA)	2:29.81 4-(SWA)	1	443	Sarah WILSON	Team Bath AC (SWE)	2:21.24 1-(SWE)
2	438	Bronwen STRATTON-THOMAS	Swansea Harriers (JGP)	2:37.35 2-(JGP)	2	437	Nia RILEY	Cardiff Archers (SWA)	2:22.91 1-(SWA)
3	442	Elin WILLIAMS	Cardiff AAC (SWA)	2:38.81 5-(SWA)	3	436	Catrin PHILLIPS	Newport Harriers (EWA)	2:23.21 1-(EWA)
4	439	Elilse TURNER	Blaenau Gwent AC (EWA)	2:39.61 2-(EWA)	4	434	Ffion MORGAN	Cardiff Archers (SWA)	2:24.19 2-(SWA)
5	367	Danielle HOPKINS	Worcester AC (JGP)	2:42.65 3-(JGP)	5	433	Jenny MILBURN	Tavistock AC (JGP)	2:24.76 1-(JGP)
6	368	Lily IVIN	Cardiff Archers (EWA)	2:50.75 3-(EWA)	6	370	Taiya JONES	Cardiff Archers (SWA)	2:29.25 3-(SWA)
7	427	Shireen BALOUCH	Newport Harriers (EWA)	3:03.17 5-(EWA)	7	431	Caitlin JONES	Newport Harriers (EWA)	2:58.25 4-(EWA)
					8	432	Seren JONES	Newport Harriers (EWA)	3:12.07 6-(EWA)

SOUTH WALES MEDALLISTS

1	437	Nia RILEY	Cardiff Archers (SWA)	2:22.91
2	434	Ffion MORGAN	Cardiff Archers (SWA)	2:24.19
3	370	Taiya JONES	Cardiff Archers (SWA)	2:29.25

EAST WALES MEDALLISTS

1	436	Catrin PHILLIPS	Newport Harriers (EWA)	2:23.21
2	439	Elilse TURNER	Blaenau Gwent AC (EWA)	2:39.61
3	368	Lily IVIN	Cardiff Archers (EWA)	2:50.75

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

T06-U17 Women 1500m

WELSH Record - Ellie ATKINSON, Cardiff AAC, 4:30.42, NIAC, Cardiff, 2013

ENGLAND Record - Karen HUGHES, Thurrock Harriers, 4:26.80, 1981

Heat 1					Heat 2				
Pos	Bib	Athlete	Club	Perf O/ALL	Pos	Bib	Athlete	Club	Perf O/ALL
1	527	Zoe BRICKLEY	Wolverhampton & Bilston (JGP)	5:02.78 1-(JGP)					
2	533	Gracie WHEELER	Cardiff AAC (SWA)	5:05.40 1-(SWA)					
3	532	Bethan WAINWRIGHT	Newport Harriers (EWA)	5:12.74 1-(EWA)					
4	531	Mollie SAMUEL	Newport Harriers (EWA)	5:13.59 2-(EWA)					
5	530	Ellie ROBINSON	Newport Harriers (EWA)	5:14.55 3-(EWA)					
6	430	Sarah JENKINS	Bridgend AC (SWA)	5:37.40 2-(SWA)					
7	529	Rhiannon PHILLIPS	Neath Harriers (JGP)	5:44.18 2-(JGP)					

SOUTH WALES MEDALLISTS

1	533	Gracie WHEELER	Cardiff AAC (SWA)	5:05.40
2	430	Sarah JENKINS	Bridgend AC (SWA)	5:37.40
3				

EAST WALES MEDALLISTS

1	532	Bethan WAINWRIGHT	Newport Harriers (EWA)	5:12.74
2	531	Mollie SAMUEL	Newport Harriers (EWA)	5:13.59
3	530	Ellie ROBINSON	Newport Harriers (EWA)	5:14.55

SOUH WEST ENGLAND MEDALLISTS

1	Event takes place during Cardiff Met GP3 5th February			
2				
3				

Welsh Athletics Junior Grand Prix

Inc South Wales, East Wales & South West England

Indoor T&F Champs

Sunday 8th January 2017

N.I.A.C. Cyncoed



WELSH ATHLETICS
ATHLETAU CYMRU

U17W Results

T11-U17 Women 60m Hurdles

WELSH Record - Bethan EDWARDS, Brecon AC, 8.67, Cosford, 1989

ENGLAND Record - Symone BELLE, Tower Hamlets AC, 8.52, 2001

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	365	Emilie DAVIES	Blaenau Gwent AC (EWA)	9.37	1-(EWA)	1	57	Holly MCKENNA	Taunton AC (SWE)	9.38	1-(SWE)
2	65	Maisie STOTT	Brecon AC (EWA)	9.50	2-(EWA)	2	53	Cerys LEE	Taunton AC (SWE)	9.78	2-(SWE)
3	367	Danielle HOPKINS	Worcester AC (JGP)	9.55	1-(JGP)	3	369	Molly JONES	Yate & District AC (SWE)	10.01	3-(SWE)
4	371	Elinor KENWARD	Newport Harriers (EWA)	9.96	5-(EWA)	4	37	Ellie CARROW	Taunton AC (SWE)	10.16	4-(SWE)
5	51	Caitlin KIRBY	Rhymney Valley AC (EWA)	12.76	6-(EWA)	5	63	Amy ROTHERO	Pembrokeshire Harriers (JGP)	10.35	2-(JGP)
DQ	75	Verity WOODS	Torbay AAC (SWE)	RUEL 168.7b		6	60	Medi Sian PHILLIPS	Neath Harriers (JGP)	10.41	3-(JGP)
						7	44	Andrea GILBERT	Taunton AC (SWE)	10.42	5-(SWE)

Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Pos	Bib	Athlete	Club	Perf	O/ALL
1	58	Grace MORGAN	Cardiff Archers (SWA)	9.17	1-(SWA)						
2	372	Emma MARTIN	Cardiff Archers (SWA)	9.39	2-(SWA)						
3	68	Emily THOMAS	Cardiff Archers (SWA)	9.64	3-(SWA)						
4	368	Lily IVIN	Cardiff Archers (EWA)	9.80	3-(EWA)						
5	370	Taiya JONES	Cardiff Archers (SWA)	9.86	4-(SWA)						
6	373	Charlotte MITCHELL	Newport Harriers (EWA)	9.88	4-(EWA)						

SOUTH WALES MEDALLISTS

1	58	Grace MORGAN	Cardiff Archers (SWA)	9.17
2	372	Emma MARTIN	Cardiff Archers (SWA)	9.39
3	68	Emily THOMAS	Cardiff Archers (SWA)	9.64

EAST WALES MEDALLISTS

1	365	Emilie DAVIES	Blaenau Gwent AC (EWA)	9.37
2	65	Maisie STOTT	Brecon AC (EWA)	9.50
3	368	Lily IVIN	Cardiff Archers (EWA)	9.80

SOUTH WEST ENGLAND MEDALLISTS

1	57	Holly MCKENNA	Taunton AC (SWE)	9.38
2	53	Cerys LEE	Taunton AC (SWE)	9.78
3	369	Molly JONES	Yate & District AC (SWE)	10.01

F06-U17 Women Pole Vault

WELSH Record - Rebecca DAVIES, Deeside AAC, 3.60, Swansea, 2009

ENGLAND Record - Jade IVE, Sutton & District, 4.00, 2008

SOUTH WALES MEDALLISTS				
Pos	Bib	Athlete	Club	Perf
1	606	Megan HODGSON	Cardiff AAC (SWA)	3.30
2	54	Caitlin LEGGETT	Cardiff AAC (SWA)	2.20
3	55	Grace LEGGETT	Cardiff AAC (SWA)	2.10

F01-U17 Women Long Jump

WELSH Record - Nichola SHORT, Torfaen AC, 5.77, Cosford, 1986

ENGLAND Record - Margaret CHEETHAM, Liverpool Harriers & AC, 6.25, 1985

SOUTH WALES MEDALLISTS				
Pos	Bib	Athlete	Club	Perf
1	367	Danielle HOPKINS	Worcester AC (JGP)	5.31
2	35	Charlotte AYTON	Wimborne AC (SWE)	5.13
3	68	Emily THOMAS	Cardiff Archers (SWA)	5.10
4	58	Grace MORGAN	Cardiff Archers (SWA)	5.02
5	49	Tia JACKSON	Bristol & West AC (SWE)	4.98
6	37	Ellie CARROW	Taunton AC (SWE)	4.96
7	53	Cerys LEE	Taunton AC (SWE)	4.89
8	368	Lily IVIN	Cardiff Archers (EWA)	4.80
9	372	Emma MARTIN	Cardiff Archers (SWA)	4.79
10	370	Taiya JONES	Cardiff Archers (SWA)	4.75
11	371	Elinor KENWARD	Newport Harriers (EWA)	4.73
12	44	Andrea GILBERT	Taunton AC (SWE)	4.71
13	76	Seren WYATT	Swansea Harriers (JGP)	4.59
14	365	Emilie DAVIES	Blaenau Gwent AC (EWA)	4.57
15	373	Charlotte MITCHELL	Newport Harriers (EWA)	4.56
16	75	Verity WOODS	Torbay AAC (SWE)	4.47
17	57	Holly MCKENNA	Taunton AC (SWE)	4.44
18	593	Grace THOMAS	Swansea Harriers (JGP)	4.38
19	64	Lucy STENNETT	Taunton AC (SWE)	4.37
20	595	Ella TOMLIN	Tavistock AC (SWE)	4.22
21	608	Isobel OWEN	Cardiff AAC (SWA)	4.22
22	441	Sofia VELLA	Cardiff AAC (SWA)	4.15
23	54	Caitlin LEGGETT	Cardiff AAC (SWA)	3.99
24	55	Grace LEGGETT	Cardiff AAC (SWA)	3.98
25	60	Medi Sian PHILLIPS	Neath Harriers (JGP)	3.68
26	48	Emma HOCKING	Cardiff AAC (SWA)	3.50
27	145	Nicole DUNN	Exeter Harriers (SWE)	3.29
28	51	Caitlin KIRBY	Rhymney Valley AC (EWA)	3.14
29	38	Olivia COX	Rhymney Valley AC (EWA)	1.95